

U.G. 2nd Semester Examination - 2020**FOOD & NUTRITION****[HONOURS]****Course Code : FNTH/CC-T-04**

Full Marks : 40

Time : 2½ Hours

*The figures in the right-hand margin indicate marks.**Candidates are required to give their answers in their own words as far as practicable.***Answer all the questions.**

1. Answer any **five** questions: 2×5=10
- i) How Kcal is related to Megajoules (MJ)?
 - ii) What is meant by calorie value of a food?
 - iii) Define RQ.
 - iv) What does the term ACU express?
 - v) What is the daily dietary iron requirement of adult Indian women?
 - vi) Which microelement is adequate in onion stalk?
 - vii) Name two high-protein vegetable foods.
 - viii) Why inclusion of fibrous polysaccharides in diet is important?

2. Answer any **two** questions: 5×2=10

- i) Define malnutrition and mention the types of malnutrition. What are the symptoms of undernutrition?
- ii) What are the four key periods of growth and human development?
- iii) Discuss the physiological role of Tocopherol.
- iv) Discuss the deficiency symptoms of Vitamin A.

3. Answer any **two** questions: 10×2=20

- i) Discuss about normal growth rates in human. State the principle of assessment of growth.
 - ii) Give in a tabular form the salient features of Marasmus and Kwashiorkor.
 - iii) Describe the role of fibers in nutrition.
 - iv) Discuss various ways adopted to express the nutritive value of a protein.
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