

U.G. 4th Semester Examination - 2020**FOOD & NUTRITION****[HONOURS]****Course Code : F&N(H)CC-P-10****[PRACTICAL]**

Full Marks : 20

Time : Hours

The figures in the right-hand margin indicate marks.

1.
 - i) A person has a daily energy requirement of 2500 Kcal;
 - ii) The person is overweight with a BMI= 35
 - iii) If the goal is to lower body weight by 1kg/week till bw comes to normal.

What kind of diet construction would you formulate?

[Given, 1kg weight loss requires loss of 7000Kcal]

10

2. Laboratory Note Book 5
3. Viva-Voce 5
