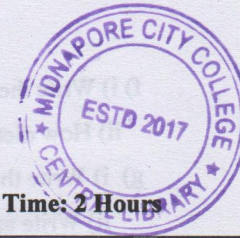


PG (NEW) CBCS
M.Sc. Semester-II Examination, 2019
FOOD SCIENCE & NUTRITION
PAPER: FSN-204(CBCS-I)
(ELECTIVE)
(BASICS OF NUTRITION AND HEALTH)

**Full Marks: 40****Time: 2 Hours****1. Answer any four questions from the following:****4×2=8**

- a) Define RDA.
- b) What do you mean by IMR and MMR?
- c) What do you mean by food pyramid?
- d) Define Human Development Index (HDI)
- e) Define 'Health' according to WHO.
- f) Write the objectives of ICDS programme?
- g) What is endurance and flexibility?
- h) What do you mean by resistant starch?

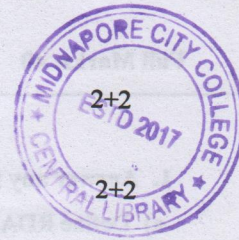
2. Answer any four questions from the following:**4×4=16**

- a) i) Define positive and negative health.
- ii) Briefly discuss the holistic concept of health. 2+2
- b) i) What are the components of primary health care system in India?
- ii) Write the criteria of good mental health. 3+1
- c) i) Define fitness.
- ii) Write the different types of fitness. 2+2
- d) i) Define yoga / meditation.
- ii) How foods are improving the fitness? 2+2
- e) i) What do you mean by sedentary worker?
- ii) What are the factors affecting RDA? 1+3

(Turn Over)

(2)

- f) i) Write the name of two soluble and two insoluble dietary fibre.
 ii) How dietary fibre reduces blood cholesterol level?
 g) i) Write the role of calcium on bone formation.
 ii) Write any two important functions of zinc.
 h) i) Write the role of free radical for causing PEM.
 ii) What are the causes of PEM?



3. Answer any two questions from the following:

8×2=16

- a) i) Distinguish between marasmus and kwashiorkor.
 ii) Define under nutrition and over nutrition.
 iii) Write the importance of RUTF for SAM children. 4+1+3
 b) i) What are the factors affecting food safety?
 ii) Describe about 'HACCP' to assure food safety. 3+5
 c) i) Discuss the components of physical fitness.
 ii) Write the three energy system of athletes. 4+4
 d) i) Write the role of environment for causing malnutrition.
 ii) Write any one method for evaluation of quality protein in foods.
 iii) What are the steps adopted to maintain kitchen hygiene and sanitation? 3+2+3
