

PG (NEW) CBCS
M.Sc. Semester-II Examination, 2020
FOOD SCIENCE & NUTRITION
 PAPER: FSN 204
BASICS OF NUTRITION AND HEALTH

Full Marks: 40**Time: 2 Hours****Answer any four from the following questions:****10X4=40**

1. Define RDA. What are the factors affecting RDA? Define bioavailability of nutrients. 2+6+2=10
2. What are the major sources of Iron in our diet? Write the complication occur due to deficiency of Iron. 2+8=10
3. Write the RDA of calcium for pregnant and lactating woman. Mention the role of calcium on bone development. What are the major sources of calcium in our diet. 2+6+2=10
4. Define food hygiene. Write the process of maintaining personal hygiene of a food handler in a food industry. 2+8=10
5. What do you mean by endurance and performance? Write about the benefits of aerobic exercise. 2+8=10
6. Define glycogen loading. Mention the role of glycogen loading on performance enhancement of a sports person. 2+8=10
7. Classify sports according to energy expenditure. Define sports anaemia. 8+2=10
8. What do you mean by resistant starch? Write the pharmaceutical properties of dietary fibre. 2+8=10
9. Define nutrition and health. What do you mean by sedentary, moderate and heavy worker? Define optimum nutrition and malnutrition? 2+6+2=10
10. Why proper fluid balance is necessary for optimum sport performance? What is pre game meal? 8+2=10
11. Write the major food sources of Vitamin A. Write the different stages of Vitamin A deficiency on eye disorder. How Vitamin A deficiency can be prevented? 2+5+3=10
12. Define probiotics and prebiotics, give example. Write the role of protein in growth and maintenance. What do you mean by protein sparing action of carbohydrates. 4+3+3=10