2017

NUTRITION

[Honours]

(CBCS)

[First Semester]

PAPER –C2T

Full Marks : 40

Time : 2 hours

Answer **all** questions

The figures in the right hand margin indicate marks

Candidates are required to give their answers in their own words as far as practicable

Illustrate the answers wherever necessary

1. Answer any *five* of the following :   2 × 5

   (*a*) What do you mean by reducing sugar ? Give one example.   1 + 1

   (*b*) Define MUFA and give one example.   1 + 1

(c) What do you mean by bioavailability of Vitamin?   2

(d) Write any two examples of anti-nutritional factor.   1 + 1

(e) What do you mean by metabolic water? Write the quantity of metabolic water/day in an adult body.   1 + 1

(f) Differentiate food additives and preservatives.
                                            1 + 1

(g) Differentiate toned milk and double toned milk.   2

(h) What do you mean by free food? Give one example.   1 + 1

2. Answer any *four* of the following :   5 × 4

(a) (i) What do you mean by soluble dietary fibre?

(ii) Give its two example.

(iii) How dietary fibres prevent cholesterol absorption? $1\frac{1}{2} + 1 + 2\frac{1}{2}$

(b) (i) Define food behaviour

(ii) Write in general for the modification of food behaviour.

(iii) State in brief the nutritional aspect of pulses in general. $1\frac{1}{2}+2+1\frac{1}{2}$

(c) (i) Differentiate red meat and lean meat.

(ii) Assess the protein quality of egg white protein and meat protein from the view point of NPU.

(iii) Why sugar is used as food preserver in general ? $1\frac{1}{2}+2+1\frac{1}{2}$

(d) (i) What do you mean by aromatic amino acid ?

(ii) Give two examples of such amino acid.

(iii) Write the functions of any one aromatic amino acid in our body.

$1\frac{1}{2}+1+2\frac{1}{2}$

(e) How do you scientifically store vegetables and meat products in home—State with justification. 5

(f) (i) Describe the factors affecting the sensory characters of foods

(ii) State the impact of any two sensory characters of food on nutrition.

(iii) Write the role of one mineral and one vitamin having oesteogenic characters.

2 + 2 + 1

3. Answer any *one* of the following : 10 × 1

(a) (i) Write the effects of low carbohydrate on health.

(ii) Describe in brief the absorption of lipid in our g.l. tract.

(iii) State the nutritional significance of ω_3 (omega) fatty acid

(iv) Differentiate between osteomalacia and osteoporosis. 2 + 4 + 2 + 2

(b) (i) Enumerate different types of leavening agents with its uses in food industry.

(ii) What is GM food ?

(iii) State the demerits and merits of GM food production in living world. 5 + 2 + 3

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