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PG CBCS
M.SC. Semester-II Examination, 2021
FOOD SCIENCE & NUTRITION
 PAPER: C-FSN 204
 (BASICS OF NUTRITION AND HEALTH)

Full Marks: 40

Time: 2 Hours

Answer any FOUR questions:

10X4=40

1. What are the ICMR recommended basic five food groups? Write the role of these food groups in our daily diet. What are the different factors affecting RDA? 2.5+2.5+5
2. What do you mean by resistant starch? Write the role of carbohydrates on the oxidation of fats. Write the major functions of protein in our body. 2+3+5
3. Write the role of calcium on bone and teeth formation. State the role of iron on erythropoiesis. How iodine deficiency disorder can be prevented? 3+3+4
4. What do you mean by sanitation and hygiene? Write the importance of kitchen hygiene to improve the community health. Explain the steps that should be considered to maintain food plant sanitation. 2+4+4
5. Mention the health and skill related components of physical fitness. What do you mean by glycogen loading? Briefly discuss about pre-game and post-game meal. 3+3+4
6. Briefly discuss about the energy system of an athletes. What is sports drink? State the importance of fluid and electrolytes of an athletes. 5+2+3
7. Classify dietary fiber with example. Write the health beneficial effect of dietary fiber. 4+6
8. Discuss the role of vitamin C as an antioxidant. State the deficiency disorders of vitamin A. 5+5
