

PG CBCS
M.Sc. Semester-II Examination, 2022
DEPARTMENT OF FOOD SCIENCE & NUTRITION
 PAPER: C-FSN 204
(CBCS) BASICS OF NUTRITION AND HEALTH

Full Marks: 40**Time: 2 Hours****Write the answer for each unit in separate sheet**

The figures in the right-hand margin indicate full marks.

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

GROUP-A**1. Answer any two questions:****2 X 8=16**

- a) What do you mean by prebiotics? Describe the protective actions of dietary fiber against colon cancer and cardiovascular diseases. 2+6
- b) What do you mean by food hygiene? "Personal hygiene plays an important role to maintain food safety in the food service establishments" justify the statement. 2+6
- c) What is osteoporosis? What are the risk factors for developing osteoporosis? Write the role of parathyroid hormone in maintaining calcium level. 2+2+4
- d) Classify PEM. Distinguish the biochemical and clinical features of kwashiorkor and marasmus. What do you mean by Theory of adaptation? 2+4+2

GROUP-B**2. Answer any four questions:****4 X 4=16**

- a) What are the basic five food groups suggested by ICMR? How those food groups are useful in planning menus? 1+3
- b) "Vitamin A plays a critical role in dim light vision"- justify the statement.
- c) Describe the effect of cooking and processing on nutritive value of meat and poultry.
- d) Describe the role of carbohydrate in oxidation of fat.
- e) What is BMR? Write the measurement procedure of BMR by direct calorimetry. 1+3
- f) What are the best sources of vitamin C? How you can prevent the losses of vitamin C during cooking? 1+3
- g) Briefly describe the inter-relationship between food, nutrition and health.
- h) What is anorexia nervosa? Discuss the factors that influence eating behavior at adolescence. 1+3

GROUP-C**3. Answer any four questions:****4 X 2=8**

- a) Define SDA?
- b) Mention two differences between physiological fuel value and gross fuel value.
- c) What is nyctalopia?
- d) What do you mean by hyperplasia and hypertrophy?
- e) What do you mean by conjugated protein? Give an example.
- f) What is craniotabes?
- g) What do you mean by normocytic normochromic anaemia?
- h) Define optimum nutrition.

