



PG (CBCS)
M.Sc Semester- II Examination, 2023
FOOD SCIENCE & NUTRITION
PAPER: C-FSN 204
(BASICS OF NUTRITION AND HEALTH)

Full Marks: 40

Time: 2 Hours

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 **FOUR** from the following questions: 2×4=8
- a) Define glycemic index.
 - b) Classify fatty acid based on carbon chain length.
 - c) What is GHP?
 - d) What do you mean by gross fuel value of food?
 - e) Differentiate android and gynecoid obesity.
 - f) What is cretinism?

GROUP-B

2. Answer any **FOUR** from the following questions: 4×4=16
- a) Give the nutritional classification of protein. Explain the role of protein in water balance maintenance. 2+2
 - b) Define BMR. Explain the factors that increase BMR of a person. 1+3
 - c) Write the effect of cooking on nutritive value of meat.
 - d) State any two factors that favoring calcium absorption. What is postmenopausal osteoporosis? 2+2
 - e) What are the 'five keys to safer food' recommended by WHO? State the principles of HACCP. 2+2
 - f) State the additional health benefits when both exercise and diet habits are improved. 4

GROUP-C

3. Answer any **TWO** from the following questions: 2×8=16
- a) What is anorexia nervosa? What are the major medical complications that associated with anorexia nervosa? Briefly discuss the nutritional management of anorexia nervosa. 2+2+4
 - b) Distinguish between soluble and insoluble dietary fiber. Write the protective action of dietary fiber against diabetes mellitus and constipation. 2+3+3
 - c) What is kwashiorkor? Why does oedema noted in Kwashiorkor? Write the sequential steps in management of kwashiorkor. 2+2+4
 - d) Discuss the steps of metabolism of Vitamin D. Write deficiency manifestation of vitamin D in children and adults.