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(February)

B.A. (HONOURS) NUTRITION

(**Fundamentals of Nutrition and Food Science**)

(NH-101 T)

Marks : 56

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

Answer Question No. **1** and *any four* from the rest

1. (a) Classify amino acids according to their structures and give one example of each class. 3
- (b) Discuss the digestion and absorption of carbohydrates. 4+4=8
- (c) Explain the functions of lipids in our body. 3
- (d) What are the steps taken to prevent Iodin Deficiency Disorders (IDD)? 2

2. (a) Explain the difference between a macronutrient and a micronutrient. State examples of a macronutrient and a micronutrient. 3+2=5
- (b) Describe how deficiency of vitamin D can have an effect on an individual's health. 5
3. (a) Discuss the functions of proteins in our body. 4
- (b) Give the causes of anaemia in different age groups. 5
- (c) Name the food sources which are rich in vitamin A. 1
4. (a) What is the principle of microwave cooking? 2
- (b) Classify different methods of cooking. Explain any three dry heat methods of cooking. 2+6=8
5. Write notes on any *two* of the following : 5×2=10
 - (a) Parching and puffing
 - (b) Classification of neutraceuticals
 - (c) Vitamin E as antioxidant

(3)

6. (a) Explain the role of vitamin K in blood clotting. 5
- (b) Distinguish between wet and dry beriberi. 3
- (c) Give five rich sources of riboflavin. 2
7. (a) Describe the relationship between food, nutrition and health. 7
- (b) Discuss the psychological function of food with suitable examples. 3
8. (a) Define malnutrition and optimum nutrition. 2
- (b) How is fermentation of food products beneficial? 3
- (c) List ways by which losses of nutrients can be minimized during pre-preparation and cooking. 5

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