

Seat No.: _____

Enrolment No. _____

GUJARAT TECHNOLOGICAL UNIVERSITY
BE SEM-V Examination-Nov/Dec.-2011

Subject code: 151405

Date: 03/12/2011

Subject Name: Food Nutrition and Health

Time: 2.30 pm -5.00 pm

Total marks: 70

Instructions:

1. Attempt all questions.
2. Make suitable assumptions wherever necessary.
3. Figures to the right indicate full marks.

- Q.1** (a) Answer the followings: **06**
i) What are simple proteins? Give any two examples.
ii) Differentiate: Macronutrients and Micronutrients
iii) Define: Non conventional foods, RDA
(b) Discuss the various physiological functions of food. **04**
(c) What are the causes of malnutrition? **04**

- Q.2** (a) Discuss the effect of food adulteration on human being. **07**
(b) Discuss in detail the classification of carbohydrates with examples. **07**

OR

- (b) Define minerals. Explain any two minerals with respect to their sources, functions and deficiency diseases. **07**

- Q.3** (a) Discuss the nutritive value of: **06**
i) Legumes and Pulses
ii) Fruits and vegetables
(b) Give the classification of lipids with examples. **04**
(c) Differentiate between: Food Infection and Food Intoxication **04**

OR

- Q.3** (a) What is 'Food Guide Pyramid'? Discuss the importance and features of 'Food Guide Pyramid'. **06**
(b) "Milk is a complete food" Discuss. **04**
(c) Write short notes on: Food fortification **04**

- Q.4** (a) Discuss the diet requirement of infant and adult. **07**
(b) Define Food Poisoning. Explain Botulism. **07**

OR

- Q.4** (a) How the nutritional diet requirement of pregnant woman is different than normal adult woman. **07**
(b) Write the deficiency of nutrients in the following diseases and mention food sources of respective nutrients: **07**
Kwashiorkor, Marasmus, Goiter, Anemia

- Q.5** (a) Classify 'vitamins' on the basis of their solubility and describe any two vitamins with respect to their sources and deficiency diseases. **06**

(b) Comments on 'Food as a source of energy'. **04**

(c) Enlist any four anti-nutritional factors naturally present in food along with their processing method to reduce or remove them. **04**

OR

Q.5 (a) Write in detail the importance of 'Vitamin B complex' **06**

(b) Write short notes on: Factors affecting BMR **04**

(c) List out any four common food adulterants along with their identification method. **04**
