

Seat No.: _____

Enrolment No. _____

GUJARAT TECHNOLOGICAL UNIVERSITY

Subject code: 151405

Date: 23-05-2013

Subject Name: Food Nutrition & Health (Institute Elective II)

Total Marks: 70

Instructions:

- I. Attempt all questions.**
- II. Make suitable assumptions wherever necessary.**
- III. Figures to the right indicate full marks.**

Q.1	(a)	Justify the following statements. i) Cereals and pulses should be consumed in adequate proportion through diet. ii) Vitamin C is referred as anti scorbutic vitamin. iii) Iodine is an essential micro component to maintain human health. iv) Infant nutritional requirement is different than adult. v) Breast milk is the best for infant.	10
	(b)	Define the following terms. i) Essential amino acid iii) Conventional foods ii) Biological value iv) Nutrition	04
Q.2	(a)	What is food guide pyramid? Discuss the important features.	07
	(b)	Discuss Marasmic kwashiorkor with respect to causes, symptoms and treatments.	07
		OR	
	(b)	Discuss Osteoporosis with respect to causes, symptoms and treatments.	07
Q.3	(a)	Explain the various factors affecting BMR.	04
	(b)	Enlist the functions of mineral in human body.	03
	(c)	What are guidelines of fortification in food? Mention benefits of food fortification.	07
		OR	
Q.3	(a)	What are functions of food?	04
	(b)	What are deficiency symptoms and food sources of iron?	03

	(c)	What do you meant by anti nutritional factor? Discuss any five anti nutritional factors along with their removal method?	07
Q.4	(a)	Write the functions and food sources of vitamin D	04
	(b)	Discuss the nutritional requirement toddler.	03
	(c)	Discuss the nutritive value of the followings. i) Cereals and Millets ii) Milk and Milk products	07
		OR	
Q.4	(a)	Differentiate between fat soluble and water soluble vitamins.	04
	(b)	What is balanced diet? Write its importance in human life.	03
	(c)	Discuss the nutritive value of the followings. i) Fruits and vegetables ii) Egg and Egg products	07
Q.5	(a)	Explain nutritional classification of protein. Enlist the important functions of protein in human body.	07
	(b)	Differentiate between food infection and food intoxication	04
	(c)	State health effects and sources of metal contamination in food products.	03
		OR	
Q.5	(a)	Define Dietary fiber. Elaborate the functions of dietary fiber in human nutrition with suitable examples.	07
	(b)	How food adulteration is different from food contamination?	04
	(c)	Give any three examples of adulterant, commonly adulterated food product and test to identify adulterant.	03
