

GUJARAT TECHNOLOGICAL UNIVERSITY**BE - SEMESTER-V • EXAMINATION – SUMMER • 2014****Subject Code: 151405****Date: 24-06-2014****Subject Name: Food Nutrition and Health (Institute Elective II)****Time: 10.30 am - 01.00 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) What is the importance of 'Vitamins' in human diet? Give the sources and deficiency disorders of vitamin A and vitamin C in human nutrition. **07**
- (b) Write short notes on: **07**
- i) Kwashiorkor
 - ii) Food fortification
- Q.2** (a) Mention the stages of growth in human beings and write the dietary guideline for infants. **07**
- (b) Write short notes on: **07**
- i) Food and energy
 - ii) Nutritive value of cereals and pulses
- OR**
- (b) Write short notes on: **07**
- i) Nutrient deficiency diseases
 - ii) Bioavailability of nutrients
- Q.3** (a) What are anti-nutritional factors? Discuss any four anti-nutritional factors naturally present in food. **07**
- (b) Explain in detail food infection and intoxication. **07**
- OR**
- Q.3** (a) Write the importance of Food Guide Pyramid and explain the various food groups placed in it. **07**
- (b) Explain the various chemical tests for detection of adulteration in food sample. **07**
- Q.4** (a) How the nutritional diet requirement of pregnant woman is different than normal adult woman. **07**
- (b) Explain the following minerals with respect to their sources, functions and deficiency diseases: **07**
- i) Calcium
 - ii) Iron
- OR**
- Q.4** (a) Discuss the functions of proteins and fats in human nutrition. **07**
- (b) What is Basal Metabolism Rate (BMR)? Discuss factors affecting BMR. **07**
- Q.5** (a) What do you mean by Recommended Dietary Allowances (RDA)? Discuss factors affecting RDA. **07**
- (b) Discuss in detail the classification of food. **07**
- OR**
- Q.5** (a) What are carbohydrates? Discuss the classification of carbohydrates. **07**
- (b) Discuss the nutritive value of eggs and egg products. **07**
