

GUJARAT TECHNOLOGICAL UNIVERSITY**BE – SEMESTER V • EXAMINATION – WINTER - 2012****Subject code: 151405****Date: 23-01-2013****Subject Name: Food Nutrition and Health (Institute Elective- II)****Time: 02:30 pm to 05:00 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 in short: **07**
- i) Define: Protein Efficiency Ratio
 - ii) Mention the sources of Vitamin A.
 - iii) 'Eggs proteins are qualitatively best proteins' Justify.
 - iv) What is balanced diet?
 - v) Give the causes for Osteoporosis.
 - vi) What are macronutrients?
 - vii) Enlist any two examples of simple proteins.
- (b)** Discuss the nutritional importance of 'Animal Based Foods'. **07**
- Q.2 (a)** Write short notes on: **07**
- i) Food Guide Pyramid
 - ii) Basal Metabolism Rate (BMR)
- (b)** Write the causes, symptoms and treatment of marasmus. **07**
- OR**
- (b)** Define Anaemia. Discuss the causes and treatment of Anaemia. **07**
- Q.3 (a)** What do you mean by 'Food Adulteration'? Explain it with any five examples. **07**
- (b)** Differentiate between: **04**
- i) Perishable Foods and Non Perishable Foods
 - ii) Conventional foods and Non Conventional Foods
- (c)** Classify the minerals on the basis of requirement and write the functions of calcium. **03**
- OR**
- Q.3 (a)** Explain fortification, supplementation, enrichment and restoration. **07**
- (b)** Highlight the role of 'Fruits' and 'Vegetables' in human nutrition. **04**
- (c)** Write the sources and functions of Vitamin C. **03**
- Q.4 (a)** Define Food and discuss the importance of food in human life. **06**
- (b)** How the nutritional requirement of an infant is different than adults? Explain. **04**
- (c)** Write the properties and classification of vitamins on the basis of their solubility. **04**
- OR**
- Q.4 (a)** 'Food acts as a source of energy' Explain. **06**
- (b)** What are the nutritional requirements of pregnant woman? **04**
- (c)** What are proteins? Write the important functions of protein in human nutrition. **04**
- Q.5 (a)** Discuss the classification and functions of carbohydrates. **07**
- (b)** Enlist the various antinutritional factors present in food and discuss any three in detail. **07**
- OR**
- Q.5 (a)** What are lipids? Discuss the classification of lipids. **07**
- (b)** Write short notes on: 1. Food Poisoning 2. Metal Contamination **07**
