

GUJARAT TECHNOLOGICAL UNIVERSITY**BE - SEMESTER-V • EXAMINATION – WINTER • 2014****Subject Code: 151405****Date: 08-12-2014****Subject Name: Food Nutrition and Health****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) Write down the dietary guidelines for infants and pregnant women. **07**
- (b) Discuss briefly the role of various nutrients present in food with respect to human body. **07**

- Q.2** (a) What is adulteration of food? Explain its causes. **07**
- (b) What is Basal Metabolism Rate (BMR)? State the factors affecting BMR. **07**

OR

- (b) Discuss the kwashiorkor with its causes and symptoms. **07**

- Q.3** (a) Discuss the different functions of food. **04**
- (b) Write the importance of 'Food Guide Pyramid'. **03**
- (c) Describe any one water soluble vitamin respect to: i) sources ii) functions iii) deficiency disorders **07**

OR

- Q.3** (a) State the classification food on the basis of shelf life and sources. **04**
- (b) Differentiate between: Macro nutrients and Micro nutrients. **03**
- (c) What are minerals? Explain any one mineral with respect to its sources, functions and deficiency diseases. **07**

- Q.4** (a) Define carbohydrates? Discuss the classification of carbohydrates. **07**
- (b) Write short notes on: **07**
- i) Food supplementation
- ii) Recommended Dietary Allowances (RDA)

OR

- Q.4** (a) What are proteins? Explain the classification of proteins with examples. **07**
- (b) Discuss the nutritive value of 'animal based foods'. **07**

- Q.5** (a) Explain different types of adulterants with suitable examples. **07**
- (b) What is food poisoning? Explain the food poisoning by chemicals. **07**

OR

- Q.5** (a) What is misbranding of foods? Explain the strategies to check misbranding. **07**
- (b) Explain the procedure to detect the metanil yellow colour in pulses? **07**
