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Total No. of Pages : 02

Total No. of Questions : 18

B.Tech. (Food Technology) (Sem.-3)

NUTRITION AND HEALTH

Subject Code : BTFT PCC-215-19

M.Code : 78732

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A**Write briefly :**

- 1) Define the term 'Nutrition' and 'Malnutrition'.
- 2) What do you understand by 'Balanced diet'?
- 3) Mention any two importance of RDA.
- 4) Define 'Reference Men' and 'Reference Women'.
- 5) Define 'Child Nutrition' and 'Infant Nutrition'.
- 6) Describe two factors affecting 'Basal Metabolic Rate'.
- 7) Briefly discuss 'Importance of Nutrition Education'.
- 8) What is the RDA for energy and protein of a female adult?
- 9) Define 'Gross fuel value' and 'Physiological fuel value' of food.
- 10) Write three sources of protein and carbohydrates in your diet.



SECTION-B

- 11) Mention the disease caused by deficiency of each of the following in body :
- a) Proteins
 - b) Vitamin B1
 - c) Vitamin A
 - d) Calcium
 - e) Vitamin D
- 12) Discuss about the importance of Dietary fiber in Human health.
- 13) What do you mean by minimal nutritional requirement. How is it different from RDA?
- 14) Describe the role of Food & Nutrition in degenerative diseases.
- 15) Discuss the factors affecting growth and development. List the pre-pubertal and pubertal changes during adolescence.

SECTION-C

- 16) Discuss the role of folic acid and iron during pregnancy. Write a note on "adolescent pregnancy".
- 17) Discuss the points to be considered in planning diets for school children. Explain the causes of obesity in school going children.
- 18) Discuss the digestion of Carbohydrates in our digestive system.

NOTE : Disclosure of Identity by writing Mobile No. or Making of passing request on any page of Answer Sheet will lead to UMC against the Student.