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M.Sc (Food Technology) EL-II (2017 Batch) (Sem.-3) NUTRITION AND HEALTH Subject Code : MSFT-616 Paper ID : [75583]

Time: 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

- 1. SECTION-A contains SIX questions carrying TWO marks each and students has to attempt any ALL questions.
- 2. SECTIONS-B consists of FOUR Subsections : Units-I, II, III & IV. Each Subsection contains TWO questions each carrying TWELVE marks each and student has to attempt any ONE question from each Subsection.

SECTION-A

- Q1 a) What are the harmful effects of overnutrition?
 - b) Define 'disaccharides'. Give example
 - c) What do you understand by denaturation of protein?
 - d) Define biological value of protein.
 - e) What do you understand by basal metabolic rate?
 - f) Enlist the water soluble vitamins.

SECTION-B

UNIT-I

- Q2 Define malnutrition. Discuss the problems due to malnutrition and its preventive measures.
- Q3 What are the ICMR standards for health and nutrition? Write their importance and significance in combating the health related issues.



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UNIT-II

- Q4 Define carbohydrates. Explain the chemical and physical properties of carbohydrates.
- Q5 What do you understand by Basal Metabolic Rate (BMR)? Discuss in details about the Significance and factors affecting BMR.

UNIT-III

- Q6 What do you mean by essential and non-essential amino acids? Discuss the classification and functions of proteins.
- Q7 Write short notes on :
 - a) Functions of minerals.
 - b) Vitamin toxicity.

UNIT-IV

- Q8 Discuss in detail about the drug food interactions and effect of drugs on food intake and nutrient absorption.
- Q9 Define Body Mass Index (BMI). Write its significance in human health and how it is calculated?