

U.G. 1st Semester Examination - 2020**FOOD & NUTRITION****[HONOURS]****Course Code : F&N-H-CC-T-2**

Full Marks : 40

Time : 2½ Hours

*The figures in the right-hand margin indicate marks.**Candidates are required to give their answers in their own words as far as practicable.*

1. Answer any **five** questions: $2 \times 5 = 10$
- Define rancidity.
 - Name two edible salts and mention one health benefit of each.
 - State beneficial health affects green tea.
 - Mention two beneficial features of white meat.
 - State two major advantages of microwave cooking.
 - Name two fruits with low glycemic index.
 - Mention two functions of gluten.
 - Mention two major benefits of PUFA.

2. Answer any **two** questions: $5 \times 2 = 10$
- Define Food Pyramid. State its significance from nutritional point of view. $2+3=5$
 - What are benefits of pasteurization? Briefly mention how this process prevents spoiling of milk. $2+3=5$
 - Mention some essential process of nutrient loss during cooking. 5
 - What are the major components of meat? What happens to these components if they are kept for long in the room temperature? $3+2=5$
3. Answer any **two** questions: $10 \times 2 = 20$
- What is balanced diet? State the composition of a balanced diet. Why the composition of the balanced diet is important for an individual's good health? Mention the nutritional significance of coloured fruits and vegetables. $2+2+3+3=10$
 - Name two nonalcoholic fermented food. What are the human health benefits of fermented foods? Why cooking acids and alkali are required? What is phosphatase pasteurization? $2+3+3+2=10$

c) Mention the factors which reduce the digestibility of pulse proteins? How these can be prevented? What is elastic property of wheat protein? Write in brief the comparative aspects of dry and moist heat in cooking.

3+2+2+3=10

d) Briefly mention the process of tenderization of meat. What is marbling? What are the major health benefits of fish in the diet? Explain SNF value with its significance.

2+2+4+2=10
