

**U.G. 2nd Semester Examination - 2021****FOOD & NUTRITION****[HONOURS]****Generic Elective (GE)****Course Code : F&N-H-GE-T-02**

Full Marks : 20

Time : 1 Hour

*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: 1×5=5
- a) Define growth and development.
  - b) Name any two fat soluble vitamin.
  - c) Name any two source of water soluble vitamin.
  - d) Name any two disorder associated with deficiency of vitamin A.
  - e) What is SDA of Food?
  - f) Define BMR.
  - g) What is RDA?
  - h) State any two physiological role of Calcium.

2. Answer any **one** question: 5×1=5
- a) Discuss the physiological role of vitamin A and D.
  - b) Discuss the factors affecting meal planning.
  - c) Discuss the factors affecting energy requirement.
  - d) Discuss the Scope of Nutrition.
  - e) Discuss the physiological role of Potassium.
3. Answer any **one** question: 10×1=10
- a) Define Malnutrition. Discuss the physiological role and deficiency symptoms of Vitamin D. 2+8
  - b) Discuss the formulation process of RDA. 10
  - c) What is Food exchange list? Discuss the factors affecting food related behavior. 2+8
- \_\_\_\_\_