

U.G. 1st Semester Examination - 2020

FOOD & NUTRITION

[HONOURS]

Generic Elective Course (GE)

Course Code : F&N-H-GE-T-1

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: 2×5=10
- a) Give examples of two types of legumes.
 - b) State the advantages of fermented cereal products.
 - c) What is Lathyrism?
 - d) Give example of two types of processed milk.
 - e) What is meant by low energy diet?
 - f) Differentiate between red and white meat from nutritional point of view.
 - g) What is meant by micronutrient?
 - h) State two differences between fats and oil from nutritional point of view.

2. Answer any **two** questions: 5×2=10
- a) Differentiate between dry and moist cooking.
 - b) Discuss critically the nutritional aspect of oat.
 - c) What is iodised salt? Explain its importance in diet. 2+3
 - d) Explain why fruit and vegetables are important in daily diet. 5
3. Answer any **two** questions: 10×2=20
- a) Discuss two types of pulses and its uses. Describe the nutritional aspects of pulses. 1+4+5
 - b) Explain the steps of butter preparation. Discuss the need of starter culture used in preparation of curd. 5+5
 - c) Explain the principle for formulating a balanced diet. 10
 - c) Describe briefly two methods of fruit processing. 5+5

[Turn Over]