

B.Sc. Home Science 1st Semester

BASIC FOOD & NUTRITION

Paper—III

Time Allowed—3 Hours]

[Maximum Marks—60

Note :— (1) Attempt **FIVE** questions in all.

(2) Select one question from each Section.

(3) The **FIFTH** question may be attempted from any of the Sections.

SECTION—A.

1. Define the following :—

- (I) (A) Nutrition (B) Malnutrition (C) Good Nutrition
(D) Food Commodities.

(II) Describe the use of sugar in cooking.

(III) Describe the storage of fruits and vegetables. 4,4,4

2. Describe in-brief various types of food commodities and their selection. Justify the statement 'Food as a source of nutrients'. 6,6

SECTION—B

3. Define sauté, marinate, bake, batter, dough. Discuss the types, advantages and disadvantages of frying. 5,7
4. Discuss the effects of moist heat methods on nutritive value of food. 6,6

SECTION—C

5. Discuss the classification of fats. Discuss the requirements of carbohydrates for adolescent boy. Discuss the clinical deficiency of protein. 4,4,4
6. Describe two major functions of carbohydrates. Describe the classification and deficiencies of protein. 4,8

SECTION—D

7. Describe any two methods for determination of energy value along with their advantages and disadvantages. Define energy value of food. 9,3
8. Define ~~specific~~ dynamic action. Discuss the factors affecting BMR by giving suitable examples. 3,9