

Sl. No. of Ques. Paper : 2052 **GC-3**  
Unique Paper Code : 32201301  
Name of Paper : Food and Nutrition  
Name of Course : B.Sc. (Hons.) Food Technology (CBCS)  
Semester : III  
Duration : 3 Hours  
Maximum Marks : 75

(Write your Roll No. on the top immediately on receipt of this question paper.)

Attempt five questions in all. Question No. 1 is compulsory.  
All questions carry equal marks.

1. Write briefly about the following with example:
  - (a) BMI
  - (b) Food Groups
  - (c) Classification of nutrients
  - (d) Meal planning
  - (e) Codex guidelines. 3×5=15
  
2. (a) What are different global trends in nutritional labeling? Explain the importance of nutritional labeling in India. 8  
(b) Explain food exchange system. 7
  
3. Write the sources and functions of the following:
  - (a) Vitamin A
  - (b) Iron
  - (c) Vitamin C
  - (d) Energy
  - (e) Fluorine. 3×5=15
  
4. (a) Explain the digestion and absorption of carbohydrates using flow chart. 8  
(b) Discuss physiological and psychological functions of food. 7
  
5. Describe the disorders arising due to lack and/or excess of the following:

- (a) Vitamin D
- (b) Copper
- (c) Vitamin B<sub>12</sub>
- (d) Calcium
- (e) Dietary fibre.

3×5=15

6. Differentiate between (any *three*):

- (a) Dry and moist methods of cooking
- (b) Nutraceuticals and nutrigenomics
- (c) RDA and RDI
- (d) Soluble and insoluble dietary fibre.

5×3=15

7. (a) Discuss FSSAI guidelines for nutritional labeling.
- (b) Explain nutritional anemia and PEM.

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