

This question paper contains 3 printed pages]

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S. No. of Question Paper : 7817

Unique Paper Code : 2201104

F-1

Name of the Paper : Food and Nutrition [DC-1.2]

Name of the Course : B.Tech. Food Technology

Semester : I

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. Explain the following briefly :

5×3=15

(i) Health

(ii) Phytochemicals

(iii) Disaccharides

(iv) Essential fatty acids

(v) BMR.

2. Describe the functions of the following nutrients :

3×5=15

(i) Vitamin C

P.T.O.

(ii) Lipids

(iii) Iron.

3. Describe the disorders arising due to lack and/or excess of the following :  $3 \times 5 = 15$

(i) Vitamin D

(ii) Zinc

(iii) Vitamin A.

4. (a) Describe the functions of food. 8

(b) Explain in detail the digestion of carbohydrates in the human body. 7

5. (a) Discuss the significance of iodisation of salt as a strategy for prevention of IDD. 5

(b) What are the specific considerations you would keep in mind while planning a meal for an elderly person ? 5

(c) What is microwave cooking ? List some precautions you need to take while using a microwave oven. 5

6. Differentiate between the following :  $3 \times 5 = 15$

(i) Kwashiorkor and Marasmus

(ii) Grilling and Baking

(iii) Digestible and indigestible carbohydrates.

7. Write short notes on any *three* of the following :

3×5=15

- (i) FSSAI guidelines of Nutrition Labelling
- (ii) Food Pyramid
- (iii) Prevention of Cardiovascular Diseases
- (iv) Factors affecting absorption of minerals.