

**B.Sc. (Honours) Semester - I Examination (CBCS): 2020**

**Subject: Nutrition**

**Course Code: CC - 2**

**Course Title: Nutritional Aspect of Food Items**

The figures in the right hand margin indicate full marks

Candidates are required to give their answers in their own words as far as practicable.

Answer all questions as instructed

Examinees are instructed to submit the scanned copies / photographs of their answer scripts within 30 minutes after the completion of examination

**F.M.–40**

**Time: 2hrs**

Answer **any eight** questions of the following:

**5×8=40**

1. Write down the effect of cooking on nutrient present in food.
2. What is lathyrism? Differentiate between pulses and legumes.
3. What is significance of Glycemic Index (GI)? What is golden rice?
4. Give a brief description on microwave cooking.
5. Fish oil is good for heart patient--- Explain. What are hydrogenated fats?
6. What is skimmed milk? State the difference between skimmed milk and toned milk.
7. Write short note on biological value of protein. Give the nutritional composition of an egg.
8. What is red meat? List the health benefits of white meat.
9. Write down the differences between black tea and green tea. Why green tea is important for our health? Explain.
10. Define the following terms (i) amino acid score (ii) saponification number.

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