

B.Sc. 1st Semester (Honours) Examination, 2022 (CBCS)

Subject : Nutrition

Course : CC-II

Nutritional Aspect of Food Items

Full Marks: 40

Time: 2 Hours

*The figures in the margin indicate full marks.
Candidates are required to give their answers in
their own words as far as practicable.*

Group-A

1. Answer *any five* questions of the following:

2×5=10

- (a) What is 'Food Guide Pyramid'?
- (b) Write the full form of : PUFA, SFA, EFA and TFA.
- (c) Differentiate between skim milk and evaporated milk.
- (d) What are the different types of proteins present in egg white and egg yolk?
- (e) Discuss the food exchange process with its advantages.
- (f) What do you mean by portion size?
- (g) Distinguish between stewing and steaming with suitable examples.
- (h) Why is iodized salt used in diet?

Group-B

2. Answer *any two* questions of the following:

5×2=10

- (a) Compare the nutritive value of 'Rice and Oats'.
- (b) Differentiate between enzymatic browning and non-enzymatic browning.
- (c) Write down the composition and nutritive value of Fats and Oils.
- (d) Discuss the medicinal value of any two beverages.

Group-C

3. Answer *any two* questions of the following:

10×2=20

- (a) Differentiate between 'Grinding and Marinating'. Write the advantages and limitations of both the processes giving suitable examples. 4+(4+2)
- (b) What do you mean by tannins? Discuss their importance in pulses. What are the toxic constituents present in pulses? 2+(4+4)

(c) Write short notes on:

- (i) Parboiling of Rice
- (ii) Spoilage of milk
- (iii) Microwave cooking
- (iv) Harmful effect of common salt

(d) "Food is also used to satisfy social and psychological needs". Explain this statement by giving some examples. Discuss briefly about the different types of food groups used in meal preparation.

5+5