

CBCS SCHEME

21BT652

Sixth Semester B.E. Degree Examination, June/July 2024

Food, Nutrition and Health

Time: 3 hrs.

Max. Marks: 100

Note: Answer any FIVE full questions, choosing ONE full question from each module.

Module-1

- 1 a. Define Nutrients. Discuss the different functions of nutrients with suitable example. (10 Marks)
- b. Summarize the relationship between Foods, Nutrition and Health. (10 Marks)

OR

- 2 a. Write the types, sources and different functions of fat soluble vitamins. (10 Marks)
- b. What are Anti-nutritional factors? Discuss Health impact of Anti-nutritional factors with suitable example. (10 Marks)

Module-2

- 3 a. Explain the Recommended Dietary Allowances (RDA) for Indians. (10 Marks)
- b. Differentiate between Macronutrients and Micronutrients. (10 Marks)

OR

- 4 a. Illustrate on ICMR reference Men and Women. (10 Marks)
- b. Give a detailed on following : (10 Marks)
 - i) Balanced Diet
 - ii) Consequences of Malnutrition.

Module-3

- 5 a. Discuss Micronutrient deficiency diseases with suitable examples. (10 Marks)
- b. Write the different approaches used in the detection of Micronutrient deficiencies. (10 Marks)

OR

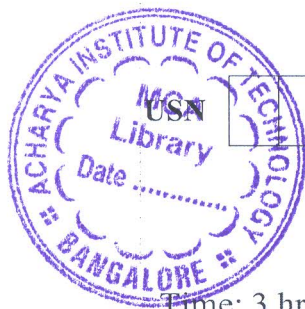
- 6 a. Discuss the types and dietary treatment for type – I and type – II diabetics. (10 Marks)
- b. Explain how lipids and other dietary factors responsible for coronary heart diseases. (10 Marks)

Module-4

- 7 a. Summarize the effective strategies to minimize nutritional losses during food preparation and cooking. (10 Marks)
- b. List out the advantages and disadvantages of thermal processing methods like blanching, steaming and frying. (10 Marks)

OR

- 8 a. Discuss in detail the type of information is typically included on nutritional labels. (10 Marks)
- b. Can you discuss a case where new packaging significantly impacted the success of a food product? (10 Marks)



Important Note : 1. On completing your answers, compulsorily draw diagonal cross lines on the remaining blank pages.
2. Any revealing of identification, appeal to evaluator and/or equations written eg, 42+8=50, will be treated as malpractice.

Module-5

- 9 a. Give an explanatory note on Key internal and External factors influencing Food product development. (10 Marks)
b. How has technological development enabled the creation of novel food products? (10 Marks)

OR

- 10 a. How has the Covid – 19 pandemic influenced the trends in novel food product development? (10 Marks)
b. Discuss the roles and responsibilities of FSSAI and HACCP. (10 Marks)
