



Sixth Semester B.E./B.Tech. Degree Examination, June/July 2025
Food, Nutrition and Health

Max. Marks: 100

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

Module-1

- 1 a. Distinguish between fat soluble and water soluble vitamin. Add a note on the deficiencies caused. (10 Marks)
- b. The physiological functions performed by food are the energy providing , body building and protective and regulatory functions. Do you agree? Whether Yes/No, justify. (10 Marks)

OR

- 2 a. Distinguish between macronutrients and micronutrients with regard to the disease manifestation. (10 Marks)
- b. With relevant examples distinguish between microminerals and macrominerals. (10 Marks)

Module-2

- 3 a. What is a food pyramid? Explain the salient features as per ICMR guidelines. (10 Marks)
- b. What nutritional changes may be made for pregnant and lactating mothers? (10 Marks)

OR

- 4 a. What is BMR? What is the relationship between BRR and BMI? (10 Marks)
- b. What is balanced diet? What are the various concerns while planning a diet for cardiovascular diseases? (10 Marks)

Module-3

- 5 a. Distinguish between Type I , II and III Diabetes mellitus. (10 Marks)
- b. How does Biological Value (BV) differ from apparent net protein utilization? (10 Marks)

OR

- 6 a. Distinguish between complete and incomplete proteins. (10 Marks)
- b. How is central obesity linked to metabolic syndrome? Highlight the difference between glycemic index and glycemic load. (10 Marks)

Module-4

- 7 a. "Heat is both the enemy and friend to heat processing". Do you agree? Justify. (10 Marks)
- b. How does nutritional loss differ in fruits and vegetables and cereals? (10 Marks)

OR

- 8 a. Distinguish between metal and glass used in packaging. (10 Marks)
- b. "Labeling is often known to be the voice between consumer and retailer". Do you agree, whether Yes/No. Justify. (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. Distinguish between home – scale , micro and macro scale processing. (10 Marks)
b. Distinguish between HACCP and FSSAI with respect to its functioning. (10 Marks)

OR

- 10 a. How do repositioned foods differ from reformulated foods? (10 Marks)
b. “An improper market survey can lead to shutdown of the enterprise”. Do you agree? (10 Marks)
Whether Yes / No. Justify.
