

SEMESTER END EXAMINATION

B.Sc. (Hons.) Horticulture

Semester : III (New)	Term : I	Academic Year : 2019-20
Course No. : H/PHT 231	Title : Fundamentals of Food and Nutrition	
Credits : 2 (1+1)		
Day & Date : Saturday, 09.11.2019	Time : 09.00 to 11.00	Total Marks : 40

- Note :**
1. Solve ANY EIGHT questions from SECTION “A”.
 2. All questions from SECTION “B” are compulsory.
 3. All questions carry equal marks.
 4. Draw neat diagrams wherever necessary.

SECTION "A"

- Q.1 Explain any two moist cooking methods of food. Give its advantages and disadvantages.
- Q.2 Define food. Describe any one food group.
- Q.3 Differentiate between well and malnourished population.
- Q.4 What do you mean by nutritional assessment? Explain any one method of nutritional assessment.
- Q.5 Elaborate the term energy value of food. Explain determination of energy value of food using bomb calorimeter.
- Q.6 Write short notes (Any Two).
 - a) Over and under nutrition
 - b) Physiological function of food
 - c) Sources and functions of phosphorus
- Q.7 What is mineral nutrition? Explain Calcium and Iron with respect to sources, functions and deficiencies.
- Q.8 Define balanced diet. Give the RDA for pregnant and lactating women.
- Q.9 Describe the effects of cooking on food nutrients.
- Q.10 Classify the vitamins. Describe sources, functions and deficiency of vitamin C.

SECTION "B"

- Q.11 Define the following terms.
- 1) Sol
 - 2) Co- enzyme
 - 3) Basal Metabolism Rate
 - 4) Nutritional status
- Q.12 State True or False.
- 1) One gram of carbohydrate provides 4 KCal.
 - 2) Age, sex and physical activity do not affect energy requirement for body.
 - 3) Fats and oils should be eaten frequently.
 - 4) Vitamin E is also known as anti-sterility factor

