

Roll No.

Total No. of Pages : 02

Total No. of Questions : 09

M.Sc. (Food Technology) (Sem.-3)

NUTRITION & HEALTH

Subject Code : UC-MSFT-616-19

M.Code : 78562

Date of Examination : 23-12-22

Time : 3 Hrs.

Max. Marks : 70

INSTRUCTIONS TO CANDIDATES :

1. **SECTION-A** contains **SEVEN** questions carrying **TWO** marks each and students has to attempt **ALL** questions.
2. **SECTIONS-B** consists of **FOUR** Subsections : Units-I, II, III & IV. Each Subsection contains **TWO** questions each carrying **FOURTEEN** marks each and student has to attempt any **ONE** question from each Subsection.

SECTION-A

1.
 - a. What is the Double Burden of Malnutrition and Malnutrition Infection Cycle?
 - b. Define Bioavailability and Glycemic Index.
 - c. What is an antioxidant and write an example of a vitamin considered as potent antioxidant
 - d. What is BMI and write its SI unit.
 - e. Soluble fiber, when fermented in the large intestine produces.....and.....
 - f. Which macronutrients are considered healthy sources of energy and which macronutrients is considered unhealthy source of energy in the human body?
 - g. What are the ingredients of pancreatic secretion which assists the digestion of proteins in the duodenum where polypeptide splits and end chain amino acids are removed?

SECTION-A

UNIT-I

2.
 - a. What is the concept of the Food Exchange System? Write down the advantages of FES?
 - b. Write in detail about the following indicators:
 - i. Anthropometric Indicators
 - ii. Biochemical Indicators
 - iii. Clinical Indicators.

3. a. What are the objectives and importance of the Nutritional Status Assessment?
- b. What might be the nutritional consequences of a diet that is entirely deficient of
 - i. Core Foods
 - ii. Secondary Foods
 - iii. Peripheral Foods.

UNIT-II

4. a. Using suitable examples, explain why carbohydrates are needed in the human diet.
- b. Briefly write the relationship of dietary fibers in controlling the following in the human body :
 - i. Obesity
 - ii. Diabetes
 - iii. Gastrointestinal problems
5. a. Classify fats and lipids as per their role in the human body.
- b. Discuss the role of hormones (Insulin and Noradrenaline) in the fat utilization that is stored in adipose tissue.

UNIT-III

6. a. Discuss the digestion & absorption of proteins in the human body.
- b. Write in detail the various uses of proteins in the human body.
7. a. Write the most common classification of vitamins and differentiate between water-soluble and fat soluble vitamins.
- b. Discuss the digestion & absorption of water-soluble and fat-soluble vitamins in the human body.

UNIT-IV

8. Discuss in detail the drug-food interactions and the effect of drugs on food intake and nutrient absorption.
9. a. Food misinformation is a major setback to the health of humans in 21st century. Comment.
- b. Give a detail account on change in diet supports in weight management.

NOTE : Disclosure of Identity by writing Mobile No. or Marking of passing request on any paper of Answer Sheet will lead to UMC against the Student.