



WEST BENGAL STATE UNIVERSITY
B.Sc. Honours 1st Semester Examination, 2018

FNTACOR01T-FOOD AND NUTRITION (CC1)

HUMAN NUTRITION

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.
All symbols are of usual significance.*

GROUP-A

1. Answer any *ten* questions from the following: 1×10 = 10
- (a) What is BMR?
 - (b) Write the demerits of RDA.
 - (c) What is TOFU?
 - (d) Name two proteins which are present in egg white.
 - (e) Define the term 'malnutrition'.
 - (f) What do you mean by balanced diet?
 - (g) What is the significance of physical activity ratio?
 - (h) What is braising?
 - (i) Which pigments are generally present in tomatoes?
 - (j) Define "Reference Man".
 - (k) Distinguish between 'pre-biotic' and 'pro-biotic'.
 - (l) Name one enzyme where pyridoxine act as co-factor.
 - (m) Name bile salts.

GROUP-B

2. Answer any *four* questions from the following: 5×4 = 20
- (a) Write a brief note on cereal protein. 5
 - (b) Briefly describe fat digestion in human gastrointestinal system. 5
 - (c) Define nutraceuticals. Discuss its importance in human diet. 2+3
 - (d) Discuss the advantages and disadvantages of microwave cooking. 5

- (e) Discuss the mechanism of iron absorption in human gastrointestinal system. 5
- (f) Discuss different condiment procedures that are used in cooking. Discuss their roles in nutrition. 2.5+2.5

GROUP-C

3. Answer any *one* question from the following: 10×1 = 10
- (a) Mention names of four non-nutrient components of food. Discuss their roles in food. 2+8
- (b) What is the recommended amount of iodine intake in an adult? i+1+1+7
- What happens when there is inadequate of iodine intake?
- Is there any agent present in food that may interfere in the absorbance of iodine?
- Discuss the role of iodine for maintaining normal physiological functions of human body.

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