

2018

CBCS

1st Semester

NUTRITION

PAPER—CIT

(Honours)

Full Marks : 40

Time : 2 Hours

The figures in the right-hand margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

Illustrate the answers wherever necessary.

Basic Nutrition

1. Answer any *five* questions : 5×2
- (a) Write the concept of 'balanced diet'. 2
- (b) Differentiate between 1st class and 2nd class proteins. 2

- (c) Mention the nutritional value of Oat. 2
- (d) 'White meat and red meat' — which one is more suitable and why? 2
- (e) What is antioxidant? Write the name of any one antioxidant. 2
- (f) How nutrient loss can be prevented during cooking? 2
- (g) Name any two proteins present in milk. 2
- (h) What do you mean by 'probiotics'? 2

2. Answer any *four* questions : 4×5

- (a) What is food pyramid? Explain the roles of citrus foods and natural coloured vegetables plus fruits in our daily diet. 2+(1+2)
- (b) What are the causes of anaemia in female athletes? What type of body composition is ideal for maintaining fitness? What is carbohydrate loading? 2+1½+1½

(c) State the nutritional aspects of legumes. Mention the advantages of disadvantages of microwave cooking.

2+(2+1)

(d) What is processed fruit? Mention the role of spinach in diet. Why salt is essential for our body?

1+3+2

(e) Mention the nutritive value of meat. What do you mean by edible fish? Why sea fishes are prescribed by the dietitian?

2+1+2

(f) Differentiate between fat and oil. Mention the effects of various methods of cooking.

1+3

3. Answer any *one* question :

(OR)

(a) Name the different food groups with examples. Explain the nutritive values of each food group. What do you mean by food exchange?

4+5+1

(b) Define pasteurization. How milk is processed in the laboratory? How food sanitation and hygiene are inter related with nutritional status of a person?

2+4+4