

2016

NUTRITION

[Honours]

PAPER – III

Full Marks : 90

Time : 4 hours

The figures in the right hand margin indicate marks

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

Illustrate the answers wherever necessary

[OLD SYLLABUS]

GROUP – A

Answer any two questions, taking one question from each of the following Subgroup : 15 × 2

Subgroup – A (a)

- 1. (a) What is glycemic index ?**

(Turn Over)

(b) How glucose is absorbed in GI tract ?

(c) Discuss the functions of protein in our body.

(d) Describe the symptoms of protein deficiency. $2 + 5 + 4 + 4$

2. (a) Describe the classification of lipid with example.

(b) State the nutritional significance of MUFA and PUFA.

(c) Mention the sources of calcium in diet.

(d) Describe the function of calcium in our body. $4 + (2 + 2) + 2 + 5$

Subgroup – A(b)

3. (a) Describe in brief the structure of any cereal.

(b) Write in brief on breakfast cereals.

(c) Write on different varieties of legumes.

(d) State the nutritional aspect of legumes. $5 + 2 + 4 + 4$

4. (a) Write the principle of food preservation.
(b) State the mechanism of food preservation by refrigeration.
(c) What are preserved products ?
(d) State the nutritional aspects of Jam and Jellies. 3 + 5 + 2 + 5

GROUP – B

Answer any five questions, taking at least
two from each Subgroup : 8 × 5

Subgroup – B (a)

5. (a) Write the classification of dietary fiber with example.
(b) State the nutritional significance of dietary fiber. 4 + 4
6. (a) What do you mean by sensory characteristics of food ?
(b) State the nutritional aspects of modification of food behaviour. 3 + 5

7. (a) State the dietary sources of Vitamin-D.
(b) Write the physiological role of Vitamin-D.
(c) What are the symptoms of ricket ? 2 + 4 + 2
8. (a) What is metabolic water ?
(b) Describe the role of hormones on water balance. 2 + 6

Subgroup – B (b)

9. (a) How spoilage of egg can be prevented ?
(b) Compare the nutritional aspects of poultry meat and goat meat. 4 + 4
10. (a) Formulate the purchasing strategy of fruits and vegetables.
(b) Write the nutritional aspects of tea and chocolate. 4 + 4
11. (a) State the importance and common uses of food colours and essences.
(b) State the common uses of herbs. 4 + 4

12. (a) State the merits and demerits of fast food.

(b) State the importance of food standards in community health and nutrition. 4 + 4

GROUP – C

Answer any five questions, taking at least two from each Subgroup : 4 × 5

Subgroup – C (a)

13. (a) What is balanced diet ?

(b) What do you mean by nutraceuticals ? 2 + 2

14. Describe in brief the digestion of fat in GI tract. 4

15. Write the functions of essential amino acids. 4

16. Write a short note on omega (ω)-3 fatty acid. 4

Subgroup – C (b)

17. Write a short note on 'milk pasteurization'. 4

18. State the uses of salt. 4
19. Write the advantages of convenience food. 4
20. Write a short note on 'adulteration of food'. 4
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