Seat No.: _____ Enrolment No._____

GUJARAT TECHNOLOGICAL UNIVERSITY

BE - SEMESTER–V • EXAMINATION – SUMMER • 2014

Subject Code: 151405 **Date: 24-06-2014**

Subject Name: Food Nutrition and Health (Institute Elective II)

Time: 10.30 am - 01.00 pm **Total Marks: 70**

Instructions:

1. **Attempt all questions.**
2. **Make suitable assumptions wherever necessary.**
3. **Figures to the right indicate full marks.**

Q.1	**(a)**	What is the importance of 'Vitamins' in human diet? Give the sources and deficiency disorders of vitamin A and vitamin C in human nutrition.	**07**
	(b)	Write short notes on: i) Kwashiorkor ii) Food fortification	**07**
Q.2	**(a)**	Mention the stages of growth in human beings and write the dietary guideline for infants.	**07**
	(b)	Write short notes on: i) Food and energy ii) Nutritive value of cereals and pulses	**07**
		OR	
	(b)	Write short notes on: i) Nutrient deficiency diseases ii) Bioavailability of nutrients	**07**
Q.3	**(a)**	What are anti-nutritional factors? Discuss any four anti-nutritional factors naturally present in food.	**07**
	(b)	Explain in detail food infection and intoxication.	**07**
		OR	
Q.3	**(a)**	Write the importance of Food Guide Pyramid and explain the various food groups placed it.	**07**
	(b)	Explain the various chemical tests for detection of adulteration in food sample.	**07**
Q.4	**(a)**	How the nutritional diet requirement of pregnant woman is different than normal adult woman.	**07**
	(b)	Explain the following minerals with respect to their sources, functions and deficiency diseases: i) Calcium ii) Iron	**07**
		OR	
Q.4	**(a)**	Discuss the functions of proteins and fats in human nutrition.	**07**
	(b)	What is Basal Metabolism Rate (BMR)? Discuss factors affecting BMR.	**07**
Q.5	**(a)**	What do you mean by Recommended Dietary Allowances (RDA)? Discuss factors affecting RDA.	**07**
	(b)	Discuss in detail the classification of food.	**07**
		OR	
Q.5	**(a)**	What are carbohydrates? Discuss the classification of carbohydrates.	**07**
	(b)	Discuss the nutritive value of eggs and egg products.	**07**

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