

Seat No.: \_\_\_\_\_

Enrolment No. \_\_\_\_\_

**GUJARAT TECHNOLOGICAL UNIVERSITY**  
**BE - SEMESTER-V • EXAMINATION – SUMMER • 2015**

**Subject Code: 151405**

**Date: 15-05-2015**

**Subject Name: Food Nutrition and Health**

**Time: 02.30pm-05.00pm**

**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)** Do as directed. **10**
- i) Fats and oils are placed at the apex of Food guide pyramid. Justify the statement
  - ii) Introduce briefly balanced diet.
  - iii) Mixed blend of plant origin protein sources are recommended. Justify the statement.
  - iv) Protein rich foods are referred as body building foods. Justify the statement.
  - v) Define Nutrition and Health.
- (b)** Introduce the following terms briefly. **04**
- i) Basal Metabolism Rate (BMR)
  - ii) Recommended Daily Allowances (RDA)
- Q.2 (a)** Explain Food Guide Pyramid. Draw a neat sketch representing food groups and recommended serving sizes. **07**
- (b)** Discuss the classification and properties of carbohydrate in detail. **07**
- OR**
- (b)** Define Malnutrition. Explain Protein energy malnutrition. **07**
- Q.3 (a)** Discuss the nutritive value of the followings. **07**
- i) Milk and Milk products
  - ii) Cereals and Millets
- (b)** Highlight on the functions of fat in human nutrition. **04**
- (c)** Why dietary fiber is considered as important part of human diet? **03**
- OR**
- Q.3 (a)** Explain the nutritional requirement of the followings. **07**
- i) Infant
  - ii) Old aged peoples
- (b)** Briefly explain the nutritional classification of protein. **04**
- (c)** Differentiate between fat soluble and water soluble vitamins. **03**

- Q.4 (a)** Discuss the adulteration generally carried out in vegetable oils. **07**
- (b)** What are physiological and psychological functions of food in human being? **07**
- OR**
- Q.4 (a)** What are measures can be taken to avoid food poisoning by microorganisms? **07**
- (b)** What do you understand by Food Infection and Intoxication? **07**
- Q.5 (a)** Discuss the diet requirement of woman during pregnancy and lactating period. **07**
- (b)** What are functions of carbohydrate in human body? **07**
- OR**
- Q.5 (a)** Discuss functions, deficiency symptoms and sources of vitamin D in human nutrition. **07**
- (b)** Define food fortification. What are guidelines and advantages of food fortification? **07**

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