Seat .	No.:	

Subject Code: Food Nutrition and Health

Enrolment No._____

Date: 28/11/2016

GUJARAT TECHNOLOGICAL UNIVERSITY BE - SEMESTER- V • EXAMINATION – WINTER 2016

Subject Name: 151405 Time: 10:30AM - 01:00PM **Total Marks: 70 Instructions:** 1. Attempt all questions. 2. Make suitable assumptions wherever necessary. 3. Figures to the right indicate full marks. 10 $\mathbf{O.1}$ (a) Justify the following statements. Carbohydrate is referred as energy currency in human body. i) Fat and oils should be consumed less in quantity. ii) iii) Various Plant origin foods should be consumed as balanced diet. Vitamins and minerals rich food are referred as protective foods. iv) Nutritional requirement of an infant is more as compared with an v) adult. **(b)** Write a short notes on the followings. 04 Factors affecting human nutrition i) ii) Balanced diet Q.2 (a) Draw a neat sketch of Nutrient wheel and discuss the components placed. 07 **(b)** Discuss the functions of carbohydrate in detail. **07** OR (b) Define adulteration. What may be the health implications of adulterants on **07** human being? **Q.3** (a) Discuss the physiological functions of food in human being? 07 **(b)** Highlight on the functions of vitamin C in human nutrition. 04 What are advantages of dietary fiber in human being? 03 OR Explain the nutritional requirement of the followings. **07** 0.3 (a) Adolescence age group i) ii) Pre school children group **(b)** Differentiate between complete protein and incomplete protein. 04 (c) Enlist the characteristics of fat soluble vitamins. 03 **Q.4** (a) What do you mean by malnutrition? Explain protein energy malnutrition. **07 (b)** What are precautions must be exercised to avoid food poisoning? **07**

Q.4	(a)	Discuss functions, deficiency symptoms and sources of vitamin A in human nutrition.	07
	(b)	Differentiate between Food Infection and Intoxication.	07
Q.5	(a)	Discuss the diet requirement of old aged peoples.	07
	(b)	What are functions of water in human body?	07
		OR	
Q.5	(a)	Explain the nutritive value of the followings.	07
	(b)	 i) Fruits and vegetables ii) Milk and milk product Define Recommended daily allowances (RDA) and explain the factors affecting RDA. 	07
