

**GUJARAT TECHNOLOGICAL UNIVERSITY****BE - SEMESTER-V • EXAMINATION – WINTER 2013****Subject Code: 151405****Date: 09-12-2013****Subject Name: Food Nutrition and Health****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)** Justify the following statements: **10**
- i) Fats and oils should be consumed sparingly in the diet.
  - ii) Vitamin K is referred as anti hemorrhagic vitamin.
  - iii) Single Plant origin protein source cannot support life.
  - iv) Infant nutritional requirement is different than adult.
  - v) Fruits and vegetables are referred as protective and regulatory foods.
- (b)** Introduce the following terms briefly: **04**
- i) Indices for protein quality evaluation.
  - ii) Obesity
- Q.2 (a)** Define Vitamin and Provitamin. Discuss the classification of vitamins. **07**
- (b)** Discuss protein energy malnutrition in detail. **07**
- OR**
- (b)** Explain the process of food digestion in human being. **07**
- Q.3 (a)** Explain various reasons for adulteration of food. **07**
- (b)** What are the functions of dietary fiber in human nutrition? **04**
- (c)** Write short note on polysaccharides. **03**
- OR**
- Q.3 (a)** Explain control measures to prevent food poisoning caused by microorganisms. **07**
- (b)** What are physiological functions of food? **04**
- (c)** Write short notes on Food Fortification. **03**
- Q.4 (a)** What are the functions of fat in human nutrition? **07**
- (b)** What do you understand by body building food? **04**
- (c)** Highlight on the nutritive value of cereals and millets. **03**
- OR**
- Q.4 (a)** Discuss nutritional and diet requirement of an infant. **07**
- (b)** Why iron is required for human body? Give its RDA. **04**
- (c)** Enlist the factors affecting BMR. **03**
- Q.5 (a)** Explain in detail how the adulteration is carried out in vegetable oil? **07**
- (b)** What are the functions of water in human body? **04**
- (c)** Highlight on diet and nutritional requirement of old aged people. **03**
- OR**
- Q.5 (a)** Discuss functions, deficiency symptoms and sources of vitamin D in human nutrition. **07**
- (b)** Draw a schematic representation of Food Guide Pyramid. **04**
- (c)** Enlist adulterants commonly found in the following food products: **03**
- i) Milk
  - ii) Wheat flour
  - iii) Chilly powder

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