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18BT753

Seventh Semester B.E. Degree Examination, June/July 2023

Food, Nutrition and Human Health

Time: 3 hrs.

Max. Marks: 100

Note: Answer any FIVE full questions, choosing ONE full question from each module.

Module-1

- 1 a. Explain how physical, mental and social health play an important role in healthy well being. (10 Marks)
- b. Highlight different fat soluble and water soluble vitamins. (10 Marks)

OR

- 2 a. "The physiological functions performed by food are energy giving body building, protective and regulative functions". Justify the statement. (10 Marks)
- b. Distinguish between micro and macro nutrients. Add a note on role of calcium and iodine in maintaining good health. (10 Marks)

Module-2

- 3 a. Compare the meal planning for pediatrics V/s geriatrics. Justify your answer. (10 Marks)
- b. Distinguish between BMI and BMR. What are the factor affecting BMR? List the formulate for calculating BMR using Harris-Benedict's equation for males and females. (10 Marks)

OR

- 4 a. Write short notes on :
 - i) Food Pyramid (05 Marks)
 - ii) Role dieticians in maintain good health. (05 Marks)
- b. Describe in detail about various lung volumes and capacities. (10 Marks)

Module-3

- 5 a. Define biological value and protein efficiency ratio. Explain in detail the causes, symptoms and treatment of Iron Deficiency Anemia (IDA) (10 Marks)
- b. Distinguish between Type I and Type II Diabetes Mellitus. Explain the dietary considerations to control sugar levels. (10 Marks)

OR

- 6 a. Write short notes on :
 - i) Zinc Deficiency (05 Marks)
 - ii) Obesity (05 Marks)
- b. Elucidate the etiology, symptoms, diagnosis and treatment of cardiovascular diseases. (10 Marks)

Module-4

- 7 a. Enumerate the different methods of processing used in the food industry. Highlight the importance of food processing. (10 Marks)
- b. Summarize the nutritional contributions and changes that occurs during cooking of pulses and eggs. (10 Marks)

Important Note : 1. On completing your answers, compulsorily draw diagonal cross lines on the remaining blank pages.
2. Any revealing of identification, appeal to evaluator and /or equations written eg. 42+8 = 50, will be treated as malpractice.

OR

- 8 a. Explain in detail the various methods of cooking. Add a note on advantages and disadvantages of each of these methods. (10 Marks)
- b. Categories the various nutrients losses during food processing. Add a note on methods to minimize the nutrient losses. (10 Marks)

Module-5

- 9 a. Define food product development. List the different steps involved in food product development. (10 Marks)
- b. Explain the standards and guidelines with respect to FSSAI and HACCP. (10 Marks)

OR

- 10 a. Comment on the market concerns, consumer, demands, technological concerns and governmental influences in development new food product. (10 Marks)
- b. Describe the types of new food products. Add a note on repositioned and reformulated foods. (10 Marks)

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