

**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086**  
**(For candidates admitted during the academic year 2016-17 & thereafter)**

**SUBJECT CODE: 16VF/VA/PN25**

**B.Voc. DEGREE EXAMINATION, APRIL 2019**  
**FOOD PROCESSING AND QUALITY CONTROL**  
**SECOND SEMESTER**

**COURSE : ALLIED CORE**

**PAPER : PRINCIPLES OF BASIC NUTRITION**

**TIME : 3 HOURS**

**MAX. MARKS : 100**

**SECTION – A**  
**ANSWER ALL QUESTIONS**

**(20 X 1 = 20)**

**I. Choose the correct answer:**

1. Energy of a food can be measured using a  
a) Refractometer      b) Joule meter      c) Bomb calorimeter      d) Weighing scale
2. Potassium is found in  
a) Meats      b) Rice      c) Tomatoes      d) Cabbage
3. Amino acids are linked with each other by a  
a) Long chain      b) Peptide bond      c) Double bonds      d) All the above
4. Deficiency of Calcium affects  
a) Muscle and bone      b) Intestine and liver      c) Cells and tissues      d) Bones and teeth.
5. Cod fish and oilseeds are rich sources of  
a) SFA      b) Phospholipids      c) Cholesterol      d) EFA.

**II. State whether true or false:**

6. Egg yolk contains cholesterol.
7. EFA's are required only in the growing stages of children.
8. Green leafy vegetables are very good sources of minerals.
9. Man can survive without food for about three months.
10. Lysine is an essential fatty acid

**III. Fill in the blanks:**

11. The full form of LDL is \_\_\_\_\_.
12. The number of calories from 5gms of Fat is \_\_\_\_\_.
13. Energy is stored in the form of \_\_\_\_\_.
14. Omega fatty acid is a \_\_\_\_\_.
15. Amino acids are a product of the digestion of \_\_\_\_\_.

**IV. Answer in a line or two:**

16. Minerals
17. CCK
18. Deficiency of Iodine
19. Essential fatty acids
20. Differentiate Food and Nutrition

**SECTION – B****Answer any FOUR questions:****(4x10=40)**

21. Write about symptoms of deficiency of Iron, Iodine and calcium.
22. Describe the food guide and enumerate the food groups.
23. Define BMR and explain the factors affecting them.
24. What are guidelines for a healthy eating?
25. Classify fats in detail.
26. What are Probiotics? Explain the sources and benefits of Probiotics.

**SECTION – C****Answer any TWO questions:****(2x20=40)**

27. Classify vitamins and give the source and deficiency conditions of each of them.
28. What are Triglycerides? Explain in detail the functions, digestion and absorption of fats in the body. Add a note on the functions of EFA's .
29. Enumerate the sources and importance of minerals in the diet and explain how their bioavailability can be improved.
30. Describe the various traditional food additives and their benefits.

\*\*\*\*\*