SUBJECT CODE: 16VF/VA/PN25

B.Voc. DEGREE EXAMINATION, APRIL 2021
FOOD PROCESSING AND QUALITY CONTROL

COURSE: ALLIED CORE
PAPER: PRINCIPLES OF BASIC NUTRITION
TIME: 90 MINUTES   **MAX. MARKS: 50**

SECTION – A   **(10 x 1= 10)**

ANSWER ALL QUESTIONS

I.   Choose the correct answer.

1. The fruit that is known for its high fat content is

    a) Orange   b) Avocado   c) Jackfruit   d) Red cherries

 2. The calcium from milk is better absorbed due to

    a) High calcium content   b) Correct calcium phosphorous ratio

    c) High phosphorous content   d) Ease of absorption

 3. Low blood hemoglobin levels could occur due to deficiency of

    a) Iron   b) Iodine   c) Zinc   d) Calcium

II. State whether true or false:

4. Roots and tubers have high starch content.

5. Body water helps in regulating the body temperature.

III. Fill in the Blanks:

6. The chemical substance that is present in foods is called _____.

7. Vitamin C is a _____ soluble vitamin.

8. One gram of fat provides _____Kcals.

IV Answer in one sentence

9. Fluorosis
10. Health

SECTION – B   **(10 x 2=20)**

Answer any 2 questions

11. What are electrolytes and what functions do they play in the body?

12. Explain in detail the classification of food and diagrammatically represent the food guide pyramid.

13. Give an account of how the following vitamins are lost during processing and ways to minimize the loss.

     a. Vitamin B   b. Vitamin C   c. Vitamin A

14. Why are proteins an important macronutrient?

SECTION – C   **(20 x 1=20)**

Answer any one

15. Explain in detail the sources, functions and digestion of carbohydrates.

16. List the food sources and deficiency diseases for the following nutrients
     a. Vitamin A   b. Iron   c. Niacin   d. Riboflavin