

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI - 86
(For candidates admitted from the academic year 2019-20 & thereafter)

SUBJECT CODE: 19CH/PE/FN23

M. Sc. DEGREE EXAMINATION, NOVEMBER 2020
BRANCH IV- CHEMISTRY
THIRD SEMESTER

COURSE: ELECTIVE

PAPER : FOOD CHEMISTRY AND NUTRITION

TIME : 90 MINUTES

Max Marks: 50

SECTION A

Answer All Questions

(11 X 1 = 11 marks)

I Choose the correct answer

- The definition of calorie is
a) Heat needed to raise temperature of 1 gram of water 1⁰C b) 1/10 of a pound
c) heat needed to raise 1 pound of organism 1⁰C d) none of the above
- Which of the following is not true about dietary fats?
a) They are present in cell membranes b) they absorb fat-soluble vitamins
c) they help the body absorb calcium d) they help in making hormones
- Dairy products, salmon, and tofu are all good sources of
a) Potassium b) Zinc c) Calcium d) carbohydrates
- Foods such as fruit, honey, and sugar cane are all good examples of
a) nutrients b) sugars c) vitamins d) hypoglycemics

II Fill in the blanks

- Scurvy is caused by _____
- Kwashiorkor is due to the deficiency of _____
- Fish Liver oil is rich in _____
- _____ reduces the BMR

III Answer in a line or two

- How is BMI calculated?
- Define Glycemic index
- What is PEM?

SECTION B**Answer any three questions****(3 X 8 = 24 marks)**

- 12 Explain the significance of the food guide and how is it used? (8)
- 13 How are dietary fats related to coronary heart diseases? (8)
- 14 Classify carbohydrates and write a note on their storage. (8)
- 15 Enumerate three artificial sweeteners and discuss their advantages and disadvantages (8)

SECTION C**Answer any one question****(15 X 1 = 15 marks)**

- 16 a) Give a detailed explanation of Recommended Dietary Allowances (RDA) and its significance for different nutrients. (8)
- b) What are the significant functions of Food and Nutrition Board in combatting Malnutrition? (7)
- 17 a) What are the dietary sources of phosphorous and explain their functions in our body? (7)
- b) Elaborate on the sources, classification and the significant functions of protein. (8)
