

STELLAMARISCOLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during academic year 2016-2017 and thereafter)

SUBJECT CODE: 16VF/VA/BA35
B.Voc. DEGREE EXAMINATION, NOVEMBER 2021
FOOD PROCESSING AND QUALITY CONTROL

COURSE: ALLIED CORE
PAPER: BASIC DIETETICS
TIME: 3 HOURS

MAX. MARKS: 100

SECTION – A

ANSWER ALL QUESTIONS

(20 marks)
(10 x 1= 10)

I. Choose the correct answer.

1. Colostrum contains more _____ when compared to mature milk
a. Protein b. Fat c. Calories d. Vitamin C
2. A decrease in BMR is observed during _____.
a. Fever b. Exercise c. Sleep d. Growth
3. _____ is a low calorie food.
a. Ghee b. Coca cola c. Green leafy vegetable d. Jackfruit
4. Which nutrient should be given first when refeeding an anorexic person.
a. Protein b. Carbohydrate c. Fat d. Fibre

II. State whether true or false:

5. Including high fibre foods will help in weight loss.
6. A soft diet will not leave any residue and can be given immediately after a surgery.
7. Old age is a period of catabolism.

III. Fill in the Blanks:

8. Breast milk has _____ that provides immunity to the child.
9. The physical activity level of a women employed as a teacher is _____.
10. The nutrient that is important to providing immunity and aids in the absorption of iron is _____.

IV Answer in two sentences

(5 x 2 = 10)

11. Gestational diabetes
12. Physical appearance of a PEM child
13. Therapeutic diet
14. Galactagogue
15. Symptoms of anemia

SECTION – B

(15 x 2=30)

Answer any TWO questions

16. Analyze on the importance of good nutrition for human beings.
17. Enumerate on the kind of foods you would suggest for a person who is suffering from peptic ulcer?
18. How should an ideal packed lunch for a school going child be? Plan a packed lunch for a 10 year old boy.
19. Discuss on the principles of menu planning.

SECTION – C

(25 x 2 = 50)

Answer any TWO questions

20. In what ways can a normal diet be modified in planning a therapeutic diet and Explain on the types of modified diets.
21. Write in detail about causes and symptoms of Type II Diabetes. Plan a day's diet for a 50yr old man with diabetes and justify.
22. What is RDA? Highlight the features of RDA for Indians. Draw the food guide pyramid.
23. Highlight the nutritional requirements for a pregnant woman. Explain the common nutritional problems seen during pregnancy.
