

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

**SUBJECT CODE: 19CH/PE/FN23**

**M.A./M.Com./M. Sc. DEGREE EXAMINATION, APRIL 2023**  
**SECOND SEMESTER**

**COURSE : ELECTIVE**

**PAPER : FOOD CHEMISTRY AND NUTRITION**

**TIME : 3 HOURS**

**MAX. MARKS: 100**

**SECTION – A**

**Answer all the questions.**

**(20 x 1= 20)**

**Choose the correct answer:**

1. ....occurs in people who are either undernourished or over nourished.  
a. overnutrition b. under nutrition c. malnutrition d. none of the above
2. .... is not an essential fatty acid.  
a. alpha-linolenic acid b. eicosapentaenoic acid c. docosahexaenoic acid d. TG
3. .... is a good source of protein and calcium  
a. millets      b. olive oil      c. apple      d. milk
4. Moon face and oedema are clinical feature of .....  
a. Marasmus      b. Kwashiorkor      c. PEM      d. none of the above
5. National Institute of Nutrition is located in .....  
a. Kolkatta      b. Bangalore      c. Mumbai      b. Hyderabad

**State whether true or false:**

6. BMR increases with age.
7. Ideal protein recommended for adult is 1g/kg body weight.
8. Conjugated proteins are simple proteins with some non-protein.
9. Food & Nutrition Board (FNB) is a technical support wing under FAO.
10. UNICEF is now officially called United Nations Children's Fund.

**Match the Following**

11. Carbohydrates – vegetables
12. Protein – fruits<sup>4</sup>
13. Fats – cereals
14. Vitamins – nuts
15. Dietary fibre – egg

**Answer in a line or two.**

16. Expand RDA
17. Differentiate simple and complex carbohydrates.
18. List two food sources of vitamin C
19. Expand PEM.
20. Expand ICMR.

**SECTION – B****Answer any Five Questions:****(5 x 8 = 40)**

21. Explain the various factors that affect the BMR.
22. Mention the functions and deficiency of essential fatty acids.
23. Discuss on nutritional deficiency anemia.
24. Classify carbohydrates.
25. Write a note on hyper and hypercalcemia.
26. Elaborate the effect of cooking on vitamins and minerals.
27. How nutrition, health and infection is are related?

**SECTION - C****Answer any Two Questions:****(2 x 20 = 40)**

28. Give a detailed note on artificial sweetening agents and glycemc index.
29. Why is PEM a major concern in our country and explain the steps taken to prevent it?
30. Explain the role of national and international organizations in combating malnutrition.

**\*\*\*\*\***