

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI – 86
(For candidates admitted from the academic year 2023 – 2024)

BACHELOR OF VOCATIONAL DEGREE EXAMINATION - APRIL 2024
DEPARTMENT OF FOOD PROCESSING AND QUALITY CONTROL
SECOND SEMESTER

COURSE : ALLIED
PAPER : BASIC NUTRITION
SUBJECT CODE : 23VF/VA/BN25
TIME : 3 HOURS

MAX. MARKS: 100

| SECTION A | | | | |
|------------------|---|----------------------|----------------------------|----------------------------|
| Q. No. | All Questions To Be Answered: | (10 x 2 = 20) | CO | KL |
| 1 | List any two functions of food. | | 1 | 1 |
| 2 | Define health. | | 1 | 1 |
| 3 | Fill in the blanks: a. 1 gm of carbohydrate provides approximately -----kcal. b. ----- is the storage form of glucose in the body. | | 1 | 1 |
| 4 | Differentiate between saturated and unsaturated fatty acids. | | 1 | 1 |
| 5 | State whether true or false: a. Digestion of proteins begins in the intestine. b. The higher the RDI for a particular nutrient, the more should be the consumption of foods rich in that nutrient. | | 1 | 1 |
| 6 | What is the importance of food guide pyramid? | | 1 | 1 |
| 7 | Comment on the importance of water balance. | | 1 | 1 |
| 8 | What is the role of inhibitors in calcium absorption? | | 1 | 1 |
| 9 | Enumerate any four sources of beta carotene. | | 1 | 1 |
| 10 | What are coenzymes? | | 1 | 1 |
| Q. No. | SECTION B | (8x 5=40) | CO | KL |
| 11 | Answer any FOUR: (11a) Write a short note on ‘maintenance foods’. (11b) Give a brief account of factors that influence absorption of food. (11c) In what ways would insufficient water intake affect health. (11d) Highlight the role of fluorine in health. (11e) How does the body digest fats? (11f) Comment on the effect of cooking on fat-soluble vitamins. | | 2 2 2 2 2 2 | 2 2 2 2 2 2 |
| 12 | Answer any FOUR: (12a) Differentiate between requirement and recommended dietary intake with a suitable example. (12b) Mention the different aspects of the inter-relationship between nutrition and health. (12c) Write a short note on factors that can influence BMR. (12d) ‘Cholesterol is extremely important for good health and yet extra cholesterol can lead to bad health’. Justify. (12e) Enumerate the functions of Vitamin B12 and Vitamin C. (12f) Highlight the importance of iodine in the diet. | | 3 3 3 3 3 3 | 3 3 3 3 3 3 |

| Q. No. | SECTION C | (2 x 10 = 20) | CO | KL |
|---------------|---|----------------------|------------------|------------------|
| 13 | Answer any TWO: (13a) Compare the diet of vegans and non-vegetarians and assess the balance in their respective diets. (13b) Analyse the method for determining the nutritional status of an individual. (13c) Comment on the nutritional information to be included in prepacked food labels. (13d) Examine the sources of dietary iron and discuss its importance. | | 4 4 4 4 | 4 4 4 4 |
| Q. No. | SECTION D | (1 x 20 = 20) | CO | KL |
| 14 | Answer any ONE: (14a) Evaluate the wholesomeness of a Khichri meal (with rice, pulse and green leafy vegetable). Give suggestions for improvement. (14b) Critically evaluate a breakfast with idli, coconut chutney and sambar. Is this breakfast nutritious and balanced? Elaborate. | | 5 5 | 5 5 |
