

**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI – 86**  
**(For candidates admitted during the academic year 2015 –2016)**

**SUBJECT CODE: 15SW/AE/FN45**

**B.C.A./ B.Com./ B.Sc. DEGREE EXAMINATION APRIL 2017**  
**FOURTH SEMESTER**

**COURSE : ALLIED - ELECTIVE**  
**PAPER : FOOD AND NUTRITION**  
**TIME : 3 HOURS**

**MAX. MARKS: 100**

**SECTION – A**

**ANSWER ALL THE QUESTIONS. EACH ANSWER NOT TO EXCEED 50 WORDS:**  
**(10x3=30)**

1. Define : Nutrition.
2. What are Vitamins?
3. What do you mean by Health and Fitness?
4. List out few indicators of Malnutrition.
5. Name a few common Adulterants.
6. What is Fermentation?
7. List out few National organizations that work towards preventing Malnutrition.
8. What do you mean by Supplementary feeding programme?
9. Mention the: World Food Problems.
10. Give any two salient features of National food security Act 2013.

**SECTION – B**

**ANSWER ANY 5 QUESTIONS. EACH ANSWER NOT TO EXCEED 300 WORDS:**  
**(5x6=30)**

11. Describe the Concept of a Balanced diet.
12. Write short notes on factors Influencing Health and well – being.
13. Give an account of the Nutrition guidelines for Maintenance of Health & fitness.
14. What are Micronutrient deficiencies? Give suitable illustration.
15. Explain the flavoring principles in different foods.
16. Enumerate on the methods of Hygienic food handling.
17. What are the services offered in the ICDS programme?
18. What is your understanding about Agricultural Liberalization and Food security.

**SECTION – C**

**ANSWER ANY 2 QUESTIONS. EACH ANSWER NOT TO EXCEED 1200 WORDS:**  
**(2x20=40)**

19. Classify Foods and explain the functions and sources of the ingredients of a balanced diet.
20. Describe the role of NIN and WHO in Combating Malnutrition.
21. Explain the preventive and social measures of Malnutrition and the different Vitamin deficiencies.
22. What are the Food security measures undertaken to combat world Food problems.

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