

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

SUBJECT CODE: 15SW/AE/FN45
B.C.A./ B.Com./ B.Sc./B.B.A. DEGREE EXAMINATION APRIL 2018
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 is Balanced Diet?
3. What are fat soluble vitamins?
4. What are food colourants?
5. What is meant by fermentation?
6. Expand – ICDS, ICMR, WHO
7. Define Food security.
8. Mention the intake of food sources to combat Vitamin A deficiencies.
9. What are the primary sources of Vitamin C?
10. What are some good sources of Iron in food?

SECTION – B

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

11. Briefly explain about fat soluble vitamins.
12. What are the factors that influence health and well being?
13. Explain the approaches to the management of fitness and health.
14. What are the function and sources of proteins?
15. Explain the nutrition guidelines for maintenance of health and fitness.
16. Write short notes on the contamination of food.
17. Write short notes on food safety.
18. Explain supplementary feeding programme.

SECTION – C

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

19. Describe about classification of foods.
20. Describe Protein Energy Malnutrition, the diseases caused by PEM and any two Nutrition deficiency Control Programme.
21. Explain in detail common adulteration in food.
22. Trace the highlights of National Food Security Act 2013.
