

Enrollment No. _____



**NAVRACHANA
UNIVERSITY**
a UGC recognized University

School: School of Science
Program/s: BSc *LS*
Year: 3rd **Semester:** 5th
Examination: End Semester Examination
Examination year: December - 2021

Course Code: SE202 **Course Name:** Food and nutrition
Date: 03/12/2021
Time: 11:30 am to 1:30 pm

Total Marks: 40
Total Pages: 2

Instructions:

- Write each answer on a new page.
- Use of a calculator is permitted/not permitted.
- * COs=Course Outcome mapping. # BTL=Bloom's Taxonomy Level mapping

Q. No.	Details	Marks	COs*	BTL#
Q.1	<p>Q1 A. Choose the correct option (7M)</p> <p>1. According to the concept of "my plate", majority of the diet should include</p> <p>a. Vegetables and grains b. Proteins c. Milk products d. Fruits</p> <p>2. Which of the following is an incorrectly matched pair?</p> <p>a. Carbohydrates: give us energy b. Proteins: repair of tissues c. Fats: insulation and energy storage d. Fiber: Detoxification</p> <p>3. 1g of protein provides _____ kcal of energy</p> <p>a. 3 b. 4 c. 6 d. 10</p> <p>4. The main source of the carbohydrate in animal meat is contained in its</p> <p>a. Kidney b. Skin c. Liver d. Heart</p> <p>5. _____ is a method where foods are kept whole and the temperature of the water is</p> <p>a. Just below simmer b. Pressure cooking c. Roasting d. Poaching</p> <p>6. _____ is an infusion made from inner membrane of the fourth stomach of the calf</p> <p>a. whey b. casein c. rennet d. papain</p> <p>7. Niacin is also known as</p> <p>a. vitamin B3 b. vitamin B12 c. vitamin C d. vitamin D</p>	12	CO1,2,3,4	BT1, BT2, BT3

	<p>Q1 B. State whether the following statements are true or false “with justification” (5 M)</p> <ol style="list-style-type: none"> 1. Moderation in the food pyramid means more portions from the top and fewer from the bottom 2. Milk and honey contain intrinsic sugars 3. A BMI of 18 can be considered as overweight 4. A therapeutic diet is given to all to maintain good health 5. Dill seeds contain iron and calcium 			
<p>Q.2</p>	<p>Answer the following in one or two sentences (6 questions X 2 Marks=12 Marks)</p> <ol style="list-style-type: none"> 1. Discuss any two dietary guidelines 2. Discuss the nutritional value of margarine 3. Why is egg yolk nutritionally important? 4. What type of minerals are present in fish? 5. How does casein differ from whey proteins? 6. What is indiscriminate eating? 	<p>12</p>	<p>CO1,2, 3,4</p>	<p>BT1, BT2, BT3</p>
<p>Q.3</p>	<p>Answer the following in detail ANY FOUR (4 Marks X 4 =16 Marks)</p> <ol style="list-style-type: none"> 1. Write any four precautions to be taken by food handlers 2. What is the principle of microwave cooking? What are the precautions to be taken? 3. What are the types of meals which can be given to convalescents? 4. Amita and Rita are making fried Brinjal by keeping it directly on the flame. Amita took the Brinjal directly from the deep freezer while Rita used fresh Brinjal kept at room temperature. Sana however grilled the food and noticed while cooking that the food caught fire. Sana is also frying cutlets and Rita is cooking chicken for lunch. Sana uses an iron skillet to cook while Rita prefers a light-weighted non-stick cookware with a lid. <ol style="list-style-type: none"> a. Whose cooking method is better? Why? b. Why did Sana’s food catch fire? c. How will the iron skillet help Sana? d. Why does Rita use a different cookware? 5. Albert has been a patient of cardiovascular disease since past 5 years. How doctor advised him to have salmon and tuna and avoid eating beef and chicken. He was asked to take 2 g of shredded cheese, bread and pasta everyday along with a regular intake of cod-liver oil tablets and fish. He was also asked to read the label and buy cheese with 1-3mg sodium in it. His nutritionist however, asked him to eat egg whites only. <ol style="list-style-type: none"> a. What is the reason to prefer fish over chicken and beef? b. What is the benefit of taking cod-liver oil tablets and fish? c. Why is cheese with 1-3mg sodium required? d. How will egg white help in his nutrition? 	<p>16</p>	<p>CO1,2, 3,4</p>	<p>BT1, BT2, BT3</p>