



**BA/B.Com./B.Sc./BCA III Semester Degree Examination,
March/April - 2023**

BIOTECHNOLOGY (OEC)

**Nutrition and Health
(NEP)**

Time : 2 Hours

Maximum Marks : 60

Notes : (i) Answer **all** the sections.

(ii) Draw the diagrams wherever necessary.

SECTION - A

1. Answer **all** the sub-questions.

10x1=10

- (a) What is Balanced diet ?
- (b) Define Food.
- (c) What is the function of calcium ?
- (d) Name any two micro nutrients.
- (e) Expand BMR.
- (f) Mention the disease caused by the deficiency of vitamin-A.
- (g) Define deep frying.
- (h) What is nutrition ?
- (i) What do you mean by Food technology ?
- (j) Expand FFN.

SECTION - B

Answer **any four** of the following.

4x5=20

2. Write a short note on the concepts of nutrition and health.

3. Briefly explain the sources, functions and deficiency of macronutrients.



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4. Describe the sources, functions and deficiency diseases of the vitamin-K.
5. Write a short note on Diabetes.
6. Give an account of the classification of functional food.
7. Explain briefly about the methods of cooking affecting nutritional value.

SECTION - C

Answer **any three** of the following.

3x10=30

8. Write an explanatory note on the food pyramids, functions of food and meal planning.
9. Give the detail account of the sources, functions and deficiency diseases of micronutrients.
10. Explain the sources, functions and deficiency diseases of any four water soluble vitamins.
11. Write a detailed note on the nutritional requirement and dietary guidelines for adulthood, pregnancy, lactation period.
12. Explain the key issues in Indian functional food industry and nutraceutical.

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