

2020

FOOD AND NUTRITION (Honours)

Paper : DC - 2

(Nutritional Importance of Foods)

(CBCS)

Full Marks : 25

Time : Two Hours

The figures in the margin indicate full marks.

Instruction to students for Page Limitation

For all one (01) mark questions, students should answer within 1 page of an A4 paper; for each five marks (05) question : Max. 1 page of an A4 paper (including figure / diagram, if any) and for 10 marks (10) question : Max. 2½ page of an A4 paper (including figure / diagram, if any), should be used.

1. Answer any *five* questions of the following : 1×5=5
 - (a) What do you mean by baking?
 - (b) Differentiate between food and nutrients.
 - (c) Define nutritive value of a particular food.
 - (d) Mention two uses of egg in food preparation.
 - (e) Name the pigments present in tomato.
 - (f) Write the name of major bioactive compounds present in green tea.
 - (g) Write the importance of oats as breakfast cereal?
 - (h) Name the major protein present in milk.

2. Answer any *two* questions from the following : 5×2=10
 - (a) Write the name of different milk products. Explain the method of Pasteurization. 1+4

(b) Write down the nutritional importance of red meat. Why is the consumption of white meat preferred over red meat. $2\frac{1}{2}+2\frac{1}{2}$

(c) Name two salts used in food preservation. Discuss the physiological importance of salts. $1+4$

3. Answer any *one* question from the following : $10 \times 1 = 10$

(a) State different types of cooking methods and give example of each. Describe the principle of microwave cooking. $4+6$

(b) Describe briefly the nutritive value of rice. Write the importance of pigmented rice. What are Millets? $4+4+2$