

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?  $4+4+2$

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