

CBCS SCHEME

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BBT654B

Sixth Semester B.E./B.Tech. Degree Examination, June/July 2026

Food, Nutrition and Health



Time: 3 hrs

Max. Marks: 100

Notes:
1. Answer any FIVE full questions, choosing ONE full question from each module.
2. M : Marks , L: Bloom's level , C: Course outcomes.

Module – 1			M	L	C
Q.1	a.	What are the various constituents of food? Explain with relevant examples.	10	L2	CO2
	b.	Illustrate the physiological, psychological and social functions of food.	10	L3	CO2
OR					
Q.2	a.	Describe the importance of Micronutrients and Minerals. Discuss the functions, dietary sources and deficiency symptoms.	10	L2	CO2
	b.	Classify vitamins into fat soluble and water soluble categories. Describe their functions food sources and deficiency.	10	L3	CO2
Module – 2					
Q.3	a.	Explain Food Pyramid. Describe the salient features of a food pyramid.	10	L2	CO1
	b.	Discuss its types, causes and consequences of malnutrition including both undernutrition and overnutrition.	10	L4	CO1
OR					
Q.4	a.	Explain Balanced Diet. Discuss various concerns while planning diets for cardiovascular diseases.	10	L2	CO1
	b.	Analyze the need for sports nutrition. Examine the changes one should make nutritional changes during fitness/sports.	10	L4	CO1
Module – 3					
Q.5	a.	Discuss Protein Energy Malnutrition [PEM] along with its types, causes, symptoms and preventive measures.	10	L3	CO3
	b.	Correlate the Biological Value (BV) and Protein Efficiency Ratio [PER]. Evaluate the quality and need of dietary proteins.	10	L5	CO3
1 of 2					

OR

Q.6	a.	Differentiate between Type I and Type II diabetes, and discuss the dietary management.	10	L3	CO3
	b.	Explain role of diet in the prevention and management of coronary heart disease, hypertension and hyperlipidemia.	10	L5	CO3

Module – 4

Q.7	a.	Examine the causes of nutrient losses during food preparation, cooking and processing. Discuss preventive measures to minimize these losses.	10	L5	CO4
	b.	Compare and contrast the changes that occurs in fruits, vegetables, cereals and pulses during the processing.	10	L3	CO4

OR

Q.8	a.	Evaluate the impact of thermal processing method and discuss the principles, advantages, disadvantages and nutritional impact.	10	L5	CO4
	b.	Illustrate the role of packaging in maintaining food quality and preventing nutrient losses with suitable examples.	10	L3	CO4

Module – 5

Q.9	a.	Develop a strategy for food product development and detail its importance in the modern food industry.	10	L6	CO5
	b.	Discuss how consumer demands and societal changes influence innovation in food product development with examples.	10	L3	CO5

OR

Q.10	a.	Evaluate the need for FSSAI and HACCP standards in food product development and to ensure consumes safety.	10	L5	CO5
	b.	Differentiate types of new product developments such as repositioned, reformulated, new forms and new packaging. Give suitable examples.	10	L3	CO5
