



Sixth Semester B.E./B.Tech. Degree Examination, Dec.2024/Jan.2025

Food, Nutrition and Health

Time: 3 hrs.

Max. Marks: 100

Note: Answer any FIVE full questions, choosing ONE full question from each module.

Module-1

- 1 a. Distinguish between fat soluble and water soluble vitamins. (10 Marks)
- b. What is the importance of calcium and phosphorus in health? (10 Marks)

OR

- 2 a. Explain the differences caused by vitamin A and Vitamin D. (10 Marks)
- b. Explain the different constituents of foods citing examples. (10 Marks)

Module-2

- 3 a. What is food pyramid? What are the salient features of a food pyramid in accordance with ICMR? (10 Marks)
- b. What is a balanced diet? What are the various concerns while planning diets for cardiovascular diseases? (10 Marks)

OR

- 4 a. "Sports nutrition has played a significant role in fitness of athletes and sportsmen". Justify the statement. (10 Marks)
- b. Give an account of the nutritional requirements for pregnant women and lactating mothers. (10 Marks)

Module-3

- 5 a. 'Distinguish between Type 1, Type 2 and Type 3 Diabetes matters. (10 Marks)
- b. How do complete proteins differ from incomplete proteins? (10 Marks)

OR

- 6 a. Distinguish between glycemic index and glycemic levels. (05 Marks)
- b. How is central obesity linked to metabolic syndrome? (08 Marks)
- c. Give an account of atherosclerosis. (07 Marks)

Module-4

- 7 a. "Heat is both the enemy of flavor ingredients and essential to the development of new flavours". Justify the statement. (10 Marks)
- b. Give an account of food processing highlighting their merits and demerits. (10 Marks)

OR

- 8 a. Compare and justify MAP and CAP as good preservation methods. (10 Marks)
b. What are the different methods used to reduce nutritional losses during processing. (10 Marks)

Module-5

- 9 a. How do repositioned foods differ from repurposed ones? (10 Marks)
b. Distinguish between Micro scale and small scale processing. (10 Marks)

OR

- 10 a. Describe FSSAI and HACCP. (10 Marks)
b. Give an account of sensor based packaging. (10 Marks)

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