



**WEST BENGAL STATE UNIVERSITY**  
B.Sc. Honours 3rd Semester Examination, 2020, held in 2021



**FNTACOR07T-FOOD AND NUTRITION (CC7)**

**ELEMENTARY DIETETICS AND MENU PLANNING**

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.  
Candidates should answer in their own words and adhere to the word limit as practicable.  
All symbols are of usual significance.*

**Answer any four questions**

10×4 = 40

**All parts of a question should be answered together**

1. What are the objectives and importance of menu planning? Mention the factors affecting menu planning. 5+5
2. Define Diet Therapy. Explain the principles of therapeutic diet. Classify therapeutic diet. 2+4+4
3. Briefly describe the responsibilities of a dietitian. How is it different from that of a Nutritionist? What is RNI? Mention the RDA of calcium and iron of an adult male. 4+2+2+2
4. What are the differences between clear fluid and full fluid diet? What is refeeding syndrome? Differentiate between enteral and parenteral feeding. 4+2+4
5. What is Exchange List? State its importance. Mention the steps in development of an exchange list. 2+3+5
6. What is egg bloom? Name two proteins present in egg yolk. Do you support consumption of raw egg? Justify. Discuss the composition of a whole egg. 2+2+2+4
7. (a) What is dietetics? 3+2+5  
(b) Name any two enzymes present in milk. Differentiate between curd and yogurt.

8. Explain your understanding about RDA with any example of your choice. 5+5
9. Write short notes on food groups and food pyramids. 5+5

**N.B. :** *Students have to complete submission of their Answer Scripts through E-mail /Whatsapp to their own respective colleges on the same day. Date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at proper address). Students are strongly advised not to submit multiple copies of the same answer script.*