



WEST BENGAL STATE UNIVERSITY
B.Sc. Honours 3rd Semester Examination, 2022-23



FNTACOR07T-FOOD AND NUTRITION (CC7)

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 from the following

10×4 = 40

1. What are the primary objectives and importance of Menu Planning? Write down the factors affecting Menu Planning. (2+3)+5
2. Define diet therapy. Explain the principles of therapeutic diet. Classify therapeutic diet with examples. 2+4+4
3. What are the differences between a nutritionist and a dietitian? What do you mean by RNI? Mention the RDA of Calcium and iron of a 17 year old girl. Briefly describe the responsibilities of a dietitian. 2+2+2+4
4. Write the full form of TPN and PPN. What are the differences between clear fluid and full fluid diet? What is refeeding syndrome? Write a short note on parboiling process. 2+2+2+4
5. State the definition and importance of exchange list. Write the steps in development of an exchange list. (2+3)+5
6. What is egg bloom? Name two protein present in Egg yolk. What do you mean by convenience foods? Discuss about the nutritional components present in egg. 2+2+2+4
7. What is standard milk? Name two enzymes present in milk. Differentiate between curd and yogurt. What do you mean by nutrient modification? 3+2+3+2
8. What do you mean by RDA? Explain the factors affecting on it. State the importance of RDA in nutrition. 2+4+4
9. Briefly state about the anti-nutritional compounds present in pulses. Describe the common processing methods for reducing these components. 5+5

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