

**HMM COLLEGE FOR WOMEN**  
**DEPARTMENT OF FOOD AND NUTRITION**  
**1<sup>ST</sup> SEMESTER MODEL QUESTIONS(NEP)**  
**FNTDSC101T**

**Introduction of Food and Nutrition**

Short type – 1/2 marks

What do you mean by energy giving food?

What do you mean by body building and protective food?

What are macro and micro nutrients?

Define – malnutrition, balance diet, health, nutritional status, diet

Short notes – 4/5 marks

Malnutrition, Functional food, prebiotics, probiotics, phytochemicals, food pyramid, food groups, my pyramid, my plate.

What is the relation between food and nutrition, health and diseases? Explain. 10

**FOOD ENERGY AND ENERGY REQUIREMENTS**

**Short type 1MARKS**

What do you mean by Energy value of food?

What is physical and physiological calories?

What is Bomb calorimeter?

Define BMR.

Define RDA.

Define SDA.

Define PAR.

Define Reference Man and Reference Women?

What is direct and indirect calorimetry?

What is Physical activity? White down the types of it?

What is 1 kilo calorie?

What is 1 Kilo joule?

**Short note type:5 MARKS**

Short note on Bomb calorimeter?

Factors affecting BMR?

Factors affecting SDA?

Factors affecting RDA?

Classification of activities based on occupation?

Application of RDA?

What is Nutritional requirements?

Deference between physiological fuel value and gross fuel value?

Energy requirements of individual?



## **Food, Nutrients and cooking of foods**

1. What is food? 2\*11
2. What is nutrient?
3. What are the nutrients present in cereals and millets?
4. What are the nutrients present in pulses?
5. What are the nutrients present in fruits and vegetables?
6. What are the nutrients present in milk and milk products?
7. What are the nutrients present in flesh foods?
8. What are the nutrients present in egg?
9. What are salts?
10. How many types of salt are there?
11. Define non nutrient components present in food?
12. Name any two sources of: 10
  - a. phytate
  - b. tannins
  - c. oxalate
  - d. trypsin inhibitor
  - e. goitrogens
13. How cooking is beneficial to health? 5
14. What are the disadvantages of cooking? 5
15. Mention the advantages and disadvantages of: 10 each

- a. dry method of cooking
- b. moist method
- c. frying
- d. microwave cooking

16. Write short notes on:

- a. microwave cooking
- b. solar cooking

### **FOOD ADJUNCTS**

**WHAT ARE THE DIFFERENCES BETWEEN SPICES AND HERBS?**

**WRITE THE MEDICINAL VALUE OF TURMERIC, GINGER, GARLIC, BLACK PEPPER, CUMIN, FENUGREEK.**

**WHAT ARE THEIR CULINARY APPLICATION?**



