



WEST BENGAL STATE UNIVERSITY
B.Sc. Honours 3rd Semester Examination, 2023-24

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 do you mean by therapeutic diet? How is normal diet modified into a therapeutic diet? Explain the importance of therapeutic diet. 2+5+3
2. Define RDA. Discuss the factors affecting RDA. Mention the RDA of iron of a 16 years old girl. Write short note on food guide pyramid. 2+3+2+3
3. What do you mean by menu planning? Mention the factors needed to be considered for planning the regular balanced diet. Write down the steps in the development of exchange list. 2+5+3
4. Write down the differences between parenteral and enteral feeding. What are the advantages and disadvantages of enteral feeding? Write short note on "soft diet". 3+4+3
5. Discuss in brief the nutritional components of meat. Write down the processing of tea in detail. 5+5
6. Write short notes on: 5+5
 - (a) Assessment of patients need
 - (b) Caramelization.
7. Write down the structure and composition of wheat grain. What do you mean by gelatinization of starch? What is maillard reaction? 3+3+2+2
8. Name two poisonous substances present in pulses. Discuss the symptoms and causes of lathyrism. Describe the advantages and disadvantages of parboiling of rice. 2+5+3
9. Mention the active ingredients present in cumin and coriander and discuss the health of these spices. Write briefly on convenience foods. (2+2)
+(2+2)+2

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