

TV221530V

Reg. No :

Name :

B. Voc. DEGREE (C.B.C.S.) EXAMINATION, NOVEMBER 2022
(2022 Admissions (regular) 2021 Admissions (Improvement / Supplementary), 2020, 2019, 2018, Admissions
Supplementary)

SEMESTER I - GENERAL COURSE (FOOD PROCESSING TECHNOLOGY)
VFPT1G01B18 - FOOD SCIENCE AND NUTRITION I

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer any Ten questions. Each question carries 2 marks

(10x2=20)

1. What is the interrelationship between nutrition and health?
2. What is the concept of health foods?
3. Classify foods based on pH.
4. What are the demerits of junk foods?
5. Classify foods based on nutritive value.
6. Differentiate between water soluble and fat soluble vitamins.
7. What is meant by glossitis?
8. What is meant by decalcification?
9. Write a note on iron deficiency anemia.
10. Write a note on factors that hinders iodine absorption.
11. Define REE.
12. Tabulate RQ of different nutrients.

Part B

II. Answer any Six questions. Each question carries 5 marks

(6x5=30)

13. "PEM is a fatal condition that affect children at young age". Explain.
14. Briefly explain your view on prevalence of malnourishment in Kerala.
15. Describe the characteristics of food guide pyramid with the help of a neatly labelled diagram.
16. Which are the different sources of water in human body? How does it function?
17. "Vitamin B-6 is a group of three compounds". Substantiate. Explain the deficiency manifestation and the food sources.
18. "Vitamin A deficiency disorder is incurable". Substantiate and explain role of vitamin A.
19. Write briefly about physiological functions of iron.
20. What are the consequences of sodium deficiency and toxicity?
21. Explain how food act as source of energy? What are the factors that contribute to TEE?

Part C

III. Answer any Two questions. Each question carries 15 marks

(2x15=30)

22. Explain how water balance is regulated in human body?
23. Describe the following about vitamins. a. Bioavailability b. Enrichment c. Restoration

24. How is calcium absorbed in the body? Write on effects of calcium deficiency.
25. Explain BMR and the factors affecting BMR.