

School of Basic and Applied Sciences

Biological Science
Summer Term - Sep 2023

Time : 3 Hours

Marks : 100

Sem I - C2UF102T - Food Nutrition and Hygiene

Your answer should be specific to the question asked

Draw neat labeled diagrams wherever necessary

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| 1. | What are the guidelines for meal planning | K1 CO1 (5) |
| 2. | Compare macro and micro minerals with examples | K2 CO2 (5) |
| 3. | Demonstrate guidelines for complementary feeding | K2 CO3 (5) |
| 4. | Summarize common nutritional disorders prevalent in society | K2 CO4 (10) |
| 5. | Interpret balanced diet and discuss its importance for optimum health | K2 CO1 (10) |
| 6. | Identify various functions of fat | K3 CO2 (10) |
| 7. | Identify the significance of nutrition during first 1000 days of life | K3 CO3 (10) |

OR

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| | Identify the significance of immunity boosting food to fight infection | K3 CO4 (10) |
| 8. | Compare over-nutrition and under-nutrition with suitable examples | K4 CO1 (15) |
| 9. | List out water soluble vitamins and discuss their sources and functions | K4 CO2 (15) |
| 10. | Identify and discuss risk factors during pregnancy | K3 CO3 (15) |

OR

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| | Apply the significance and role of mid day meal in schools | K3 CO4 (15) |
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