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3 (Sem-1/CBCS) HSC HC 2

2023

HOME SCIENCE

(Honours Core)

Paper : HSC-HC-1026

(Food and Nutrition)

Full Marks : 60

Time : Three hours

The figures in the margin indicate full marks for the questions.

1. Write True or False against the following statement : $1 \times 7 = 7$

- (a) 'Niacin' is a fat soluble vitamin.
- (b) Green leafy vegetables contains more iron as compared to citrus fruits.
- (c) Fermentation increases vitamin B₁₂ content of food.

(d) Homogenization of milk is done to improve the shelf life of a milk.

(e) Iron in meat is called 'Non-haem' iron.

(f) Lathyrism is caused due to toxin present in pulses.

(g) Microwave cooking retain more nutrients as compared to other methods of cooking.

2. Answer the following in brief : $2 \times 4 = 8$

(a) Define Food.

(b) What is optimum nutrition ?

(c) Define pasteurization.

(d) What is rigor mortis ?

3. Write short notes on *any three* of the following : $5 \times 3 = 15$

(a) Relationship between Food, Nutrition and Health

(b) Fermentation of food

(c) Dry heat methods of cooking

(d) Types of beverages

(e) Processing of pulses

4. Answer *any three* of the following : $10 \times 3 = 30$

(a) Write the function, dietary sources and clinical manifestation of vitamin-A and vitamin-D deficiency.

(b) Write the function dietary sources and clinical manifestation of iron and calcium deficiency.

(c) Classify protein. Write the function of protein in detail. $5 + 5 = 10$

(d) Write the composition and nutritive value of cereals. Write the advantages of parboiled rice. $3 + 3 + 4 = 10$

(e) Discuss the ICMR basic food groups. Write about the nutritional contribution of fruits and vegetables. $4 + 3 + 3 = 10$

(f) Discuss the methods of nutrient enhancement through different cooking methods.
