

**KERALA AGRICULTURAL UNIVERSITY**  
**B.Sc. (Hons.) Agriculture – 2008 Admission - IV<sup>th</sup> Semester**  
**Final Examination – July-August 2010**

Cat. No. : Hmsc 2201  
Title : Food and Nutrition (1+1)

Max. marks: 80  
Time : 3 hours

**Q. I**

**A. Define:** (5x1=5.00)

1. Nutrient
2. Malnutrition
3. Functional foods
4. Phytochemicals
5. Body Mass Index

**B. State True or False** (5x1=5.00)

1. Proteins do not provide energy to the body ( )
2. Recommended dietary allowances for nutrients is recommended by ICAR ( )
3. Fatty acids are the building blocks of proteins ( )
4. Fruits and vegetables, are major source of energy in our diet ( )
5. Fish mainly contains saturated fats. ( )

**Q. II. Write short notes on ANY TEN** (10x3=30)

1. Functional classification of foods.
2. Importance of CHO, Fats and protein in daily diet.
3. Nutritional classification of proteins with food examples.
4. Role of fiber in human body.
5. Deficiency symptoms of protein.
6. Types of fatty acids with examples.
7. Factors to be considered for planning balanced diet.
8. Deficiency symptoms of Vitamin A & K.
9. Functions of B-complex vitamins and ascorbic acid.
10. Deficiency symptoms of calcium and vitamin D.
11. Functions of trace minerals.
12. Antioxidant vitamins.

**Q III. Write short essays on ANY SIX** (6x5=30.00)

1. Kwashiorkar and Marasmus – causes, prevention and treatment.
2. Nutritional blindness.
3. Obesity – causes, measurement and dietary recommendations.
4. Nutritional anemia
5. House hold tests for food adulteration.
6. Assessment of nutritional status by biochemical and clinical methods.
7. Grades available for classification of PEM.
8. Post harvest methods for conserving nutrients.

**Q IV. Write an essay on ANY ONE** (1x10=10.00)

1. Prophylaxis programmes carried out by ICDS.
2. Food toxicants.