

B.M.S COLLEGE FOR WOMEN
BENGALURU – 560004
I SEMESTER END EXAMINATION – JAN/FEB- 2024

OPEN ELECTIVE -FUNDAMENTALS OF FOOD AND HEALTH
(NEP Scheme 2021-22 onwards F)

Course Code: CND10E01
Duration: 2 ½ Hours

QP Code: 1217
Max. Marks: 60

Instructions: All parts are compulsory.

PART - A

I. Answer any four of the following. **(4×2=8)**

1. Mention any 4 food sources of vitamin A.
2. Define micronutrients with an example.
3. What are electrolytes?
4. Give two examples for monosaccharides.
5. What are phytochemicals?
6. Define the term Malnutrition.

PART - B

II. Answer any four of the following **(4×5=20)**

1. List out the functions of carbohydrates.
2. Define health and explain its components.
3. Write in detail about prebiotics and probiotics.
4. Elaborate on the importance of food nutrition labels.
5. Write a note on diabetes.
6. Explain the classification of nutrients with examples.

PART - C

III. Answer any four of the following. **(4×8=32)**

1. Mention the causes of anemia and the dietary guidelines.
2. Write any four functions and food sources of protein.
3. Explain the factors influencing the food choices.
4. Elaborate on the biological role of water and electrolytes.
5. What are the advantages and disadvantages of health supplements?
6. Write a note on deficiency and excess consumption of dietary fat.

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