



**WEST BENGAL STATE UNIVERSITY**  
B.Sc. Honours 1st Semester Examination, 2020, held in 2021

**FNTACOR01T-FOOD AND NUTRITION (CC1)**

**HUMAN NUTRITION**

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.  
Candidates should answer in their own words and adhere to the word limit as practicable.*

**Answer any four questions from the following**

10×4 = 40

1. Define Malnutrition. Write a note on its causes. How can you prevent malnutrition? 2+4+4
2. What is BMR? How can it be determined? Explain the factors affecting BMR of a person. 2+3+5
3. Briefly discuss the process of digestion and absorption of carbohydrate in our system. 5+5
4. What is Emulsification? Explain the process of digestion of lipid. What is Micelle? What is chylomicron? 2+4+2+2
5. Write short notes on:  
(i) SDA of Food (ii) RDA 5+5
6. What do you mean by functional food? What is dietary fibre? Explain its functional significance. Name one soluble and one insoluble dietary fibre. 2+(2+4)+2
7. Explain the factors influencing the absorption of iron in the body. Explain the terms: probiotic and prebiotic. 5+5
8. Explain your understanding about food groups and food pyramid. 5+5
9. What is the difference between boiling and steaming? Explain the working principle of microwave oven. Discuss the pros and cons of cooking using microwave. What is blanching? 2+2+4+2

**N.B. :** *Students have to complete submission of their Answer Scripts through E-mail / Whatsapp to their own respective colleges on the same day / date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.*

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