

**CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN,
NUVEM-GOA
SEMESTER END EXAMINATION, JANUARY 2022**

Semester: **I** Course name & Code: **ZOG 101: Food, Nutrition and Health**
Total marks: **80** Date: Duration: **2 Hours**
Total No of pages: **2**

*Instructions: 1. All questions are compulsory
2. Figures to the right indicate marks*

Q I. Answer any FOUR of the following: (4 x 4 = 16)

- i. Write notes on Proteins- their sources and functions.
- ii. Write a brief note on Protein Energy Malnutrition.
- iii. Write notes on Fibre as a nutrient.
- iv. What is iron deficiency disorder? Comment on its impact.
- v. Explain food spoilage, its causes and preventive measures.
- vi. Write notes on Nutrition during lactation.

Q II. Answer any FOUR of the following: (4 x 4 = 16)

- i. Write notes on Nutrition during adolescent growth.
- ii. Comment on Government programmes initiated to prevent Nutritional deficiency diseases.
- iii. Briefly comment on Potable water sources and methods of purification at domestic level.
- iv. What is the importance of water?
- v. What is the specific nutrient requirement in old age?
- vi. Submit a brief account of food borne protozoan infection.

Q III A. What is 'Balanced Diet'? Add a note on its importance. (6)

OR

A. Classify Carbohydrates based on the number of saccharin units.
Give examples. (6)

B. Elaborate the functions and give the sources of any six vitamins. (6)

Q IV A. Explain the functions of dietary fats and give an example of MUFA and PUFA. (6)

OR

A. In relation to minerals as nutrients give the sources, functions and deficiency of any six minerals. (6)

B. Write a note on a) Polyols and b) Polysaccharides. (6)

Q V A. What is diabetes mellitus? Comment on its causes and prevention through dietary and lifestyle modifications. (6)

OR

A. Comment on Iodine deficiency disorders. (6)

B. Write a note on Common ailments – their causes and treatments. (6)

Q VI A. What is Taeniasis? (6)

OR

A. What are the bacterial infections associated with food hygiene? (6)

B. Explain Poliomyelitis. (6)