

Registration number:

Date & Session:

**ST. JOSEPH’S COLLEGE (AUTONOMOUS), BENGALURU-27**

 **M.Sc. FOOD SCIENCE AND TECHNOLOGY - III SEMESTER**

**SEMESTER EXAMINATION: OCTOBER 2022**

(Examination conducted in December- 2022)

**FSTOE 3522-NUTRITION, DIET AND HEALTH**

**Time- 1 ½ hrs Max Marks-35**

**This question paper contains 2 printed pages and FOUR parts**

1. **Answer the following 1×10=10**
2. What are Probiotics?
3. Define Reference Dietary Intakes.
4. What is Diet?
5. Expand FSSAI.
6. What is a Food Pyramid?
7. What is the role of NLRPs?
8. Describe Kwashiorkor.
9. What are Electrolytes?
10. Define Vitamins.
11. What is Nutrition?
12. **Answer any FIVE of the following 2×5=10**
13. What are Dietary Fibres? How does it affect the body functions?
14. Mention Five Basic Food Groups with examples.
15. Write a short note on Inter-relationship between Nutrition and Health.
16. What are Functional Foods? Give examples.
17. Mention the Role of Water in Human Nutrition.
18. Give the Concept of FoSTaC.
19. What are Fatty acids? Give Examples.
20. **Answer any THREE of the following 5x3=15**
21. What is a Food Guide? Give its importance in Diet
22. What are Carbohydrates? Mention its Types and Sources.
23. Discuss various methods of assessing Protein Quality in Foods.
24. What are Micronutrients? Mention its Sources and Importance in Health.
25. Discuss the negative impact of consumption of Junk Foods on School Children and Youngsters in India.