

**Undergraduate 3<sup>rd</sup> Semester (Honours) Examination, 2020-21**

**Subject: NUTRITION**

**Course ID: 32312**

**Course Code: SH/NUT/302/C-6**

**Course Title: Food Commodities**

**Full Marks: 40**

**Time: 2 hrs.**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words*

*as far as practicable.*

**Answer all the questions**

**UNIT I**

**1. Answer any five of the following questions: (2\*5=10)**

- a) Give the four food group system suggested by ICMR 2011.
- b) Express the term gelatinization.
- c) Write the anti-nutritional factors present in pulses.
- d) Write the composition of cottage cheese.
- e) What is oolong tea?
- f) What are vegetarian eggs?
- g) Give any four fruits that can contain high amounts of anthocyanins.
- h) What is monosodium glutamate? What is its use in cookery?

**UNIT II**

**2. Answer any four of the following questions: (5\*4=20)**

- a) What are food exchange lists? Give the general dietary guidelines suggested by ICMR for Indians. 1+4=5
- b) What is fermentation? Discuss the advantages of fermentation. Give two examples of fermented foods. 1+3+1=5

- c) Explain the nutritional value of eggs. 5
- d) How does cooking affect the nutritive value of vegetables? How can this loss be minimized? 3+2=5
- e) What is corn syrup? Describe the factors affecting crystallization of sugar. 1+4=5
- f) Briefly describe the antioxidant activity of tea and coffee. 5

### UNIT III

**3. Answer *any one* of the following questions: (10\*1=10)**

- a) Write the name of antioxidant phytochemicals present in soyabean. What are the factors affecting cooking of pulses? Write a short note on lathyrism. 1+5+4=10
- b) What is pasteurization? Explain the different methods of pasteurization. Write the effect of pasteurization on milk. Write the advantages of whey protein. 1+4+3+2=10