

Undergraduate 5th Semester (Honours) Examination, 2020-21

Subject: NUTRITION

Course ID: 52316

Course Code: SH/NUT/503/DSE-1

Course Title: Food Safety and Sustainable Nutrition

Full Marks: 25

Time: 1hr. 15mins.

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: 1x5=5

- a) State the general principles behind food preservation.
- b) What is freezer burn?
- c) What are GM Foods?
- d) Define nutraceuticals.
- e) Give the full form of HACCP.
- f) What is cryofreezing?
- g) Mention two benefits of germination.
- h) Which food law is followed in India to ensure food safety?

UNIT II

2. Answer any two of the following questions: 5x2=10

- a) "Food fortification is an important tool to combat malnutrition in community" – Explain.
Give examples of two commonly available fortified foods in India. 3+2=5
- b) Which points need to be considered before canning foods? What is blanching? 4+1=5
- c) Write a short note on FSSAI. 5

d) What is cold sterilization? What is its effect on nutritive value of foods? 2+3=5

UNIT III

3. Answer any one of the following questions: 10x1=10

a) What is pasteurization? What are the different types of pasteurization? “Pasteurized food is not sterilized food” – justify. Which test is carried out to determine the effectiveness of pasteurization? 2+3+2+3=10

b) What are modified functional foods? What do you mean by synbiotics? Enumerate the different health benefits of probiotics and prebiotics. 3+1+3+3=10

XXXXXXXXXXXXXXXXXXXXXXXXXXXX