



Register Number:
Date: 27/11/2020

ST. JOSEPH'S COLLEGE (AUTONOMOUS), BENGALURU-27
OPEN ELECTIVES - III SEMESTER
SEMESTER EXAMINATION: NOVEMBER 2020
FSTOE3519 – NUTRITION, DIET AND HEALTH

Time- 1 1/2 hrs

Max Marks-35

This paper contains 02 printed pages and 04 parts

I. Answer the following

1×10=10

1. Define Nutrition?
2. What are Macronutrients?
3. What is Food energy?
4. What are Food fibres?
5. What are Fatty acids?
6. What are Amino acids?
7. Give examples for Fat soluble Vitamins.
8. Expand FoSTaC.
9. Who are certified food safety supervisors?
10. Give examples for micronutrients.

II. Answer any FIVE of the following

5x2=10

11. What is the importance of Food in Health
12. What is the Recommended Dietary Allowances (RDA) in Nutrition?
13. What are the factors influencing availability of minerals to the Human Body?
14. List out the types of nutrients required in Human nutrition.
15. What is the role of Protein in Health?
16. What are Lipids? Give its role in health.
17. What is the Food Fortification regulation as per FASSAI?

III. Answer any THREE of the following

3x5=15

18. Discuss in detail the types of basic five food groups required for Health.
19. What are Carbohydrates? Write a note on its types and Function.

20. What are Nutraceuticals? Discuss its importance in Health.
21. Give the roles of vitamins, minerals and Trace elements in Health?
22. Discuss the influence of Junk Foods on health of school children and youngsters of India.