

**Second Year Examination of the  
Three -Year Degree Course, 2001**

(Faculty of Arts)

HOME SCIENCE

Paper-I

(Food and Nutrition)

Time : 3 Hours

[ Maximum Marks :75 ]

Candidate have to attempt **five** questions,  
selecting **one** question from each unit,  
All questions carry equal marks.

**UNIT-I**

1. Explain in detail methods of food preparation with their merits and demerits. 15

**OR**

2. (a) Describe the classification, functions, sources and requirements of protein. 8

(b) Write a note on PEM. 7

**UNIT-II**

3. Explain the functions, sources, requirements and effect of deficiency of calcium and iron. 15

**OR**

4. (a) Classify vitamins on the basis of their solubility. Explain the functions, sources, requirements and deficiency of Vitamin C. 2+8=10

(b) Discuss the mechanism of water balance in body. 5

### UNIT-III

5. Describe in detail the nutrient contribution of the following in daily diet. 15
- (a) Cereals.
  - (b) Fruits and Vegetables.
  - (c) Milk and Milk products.

**OR**

6. (a) Write a note on condiments and spices. 6
- (b) What is the unit of energy? Define it. List the nutrients providing energy along with their energy yield. 4
- (c) Discuss any four factors affecting BMR. 5

### UNIT-IV

7. (a) Explain in detail the requirements of pregnant and lactating mothers. 10
- (b) Discuss the meal planning of a pregnant woman. 5

**OR**

8. (a) Discuss the nutritional requirements of an infant. 7
- (b) Write a note on weaning and supplementary foods. 8

### UNIT-V

9. (a) Discuss the causes, symptoms and dietary modifications in Peptic Ulcer. 10
- (b) Suggest the dietary modifications for an obese. 5

**OR**

10. (a) Write in detail the dietary modifications in cardiovascular diseases. 8
- (b) Write a note on diet during fevers. 7