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Barasat, Kolkata - 700125

BRAINWARE UNIVERSITY

Term End Examination 2023-2024
Programme – B.Sc.(FND)-Hons-2022
Course Name – Elementary Dietetics
Course Code - BFNC303
(Semester III)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Write down the name of the primary class of compound responsible for the yellowish color of milk.
- | | |
|----------------|-----------------|
| a) Carotenoids | b) Flavonoids |
| c) Chlorophyll | d) Anthocyanins |
- (ii) When the food is directly given in the veins, it is known as which nutrition ?
- | | |
|----------------|---------------|
| a) Enteral | b) Parenteral |
| c) Intravenous | d) Saline |
- (iii) When the food is given in the stomach and intestine directly, it is known as which nutrition ?
- | | |
|----------------|---------------|
| a) Intravenous | b) Saline |
| c) Enteral | d) Parenteral |
- (iv) To overcome diabetes mellitus, a person should reduce the intake of which nutrient given here ?
- | | |
|--------------------------|------------------------|
| a) Carbohydrate, protein | b) Protein, fat |
| c) Carbohydrate, fat | d) Carbohydrate, fibre |
- (v) Identify the milk product where the fat content is reduced by processing.
- | | |
|----------------------|---------------|
| a) Condensed milk | b) Dry milk |
| c) Standardised milk | d) Toned milk |
- (vi) Which of the following is NOT a result of the gelatinization process?
- | | |
|------------------------------------|--|
| a) Thickening of liquids | b) Improved texture of cooked grains |
| c) Conversion of starch into sugar | d) Increased digestibility of starches |
- (vii) Which of the following is an example of a food that contains goitrogens?
- | | |
|------------|------------|
| a) Spinach | b) Carrots |
| c) Bananas | d) Apples |
- (viii) Which component of milk undergoes physical changes during the homogenization process?

- a) Proteins
c) Carbohydrates
- (ix) Identify the process of tasting coffee.
a) Cupping
c) Aroma test
- (x) Identify the bond present in saturated fat.
a) coordinate covalent bonds
c) double bonds
- (xi) Name the protein present in egg white.
a) Ovalbumin
c) Scleroprotein
- (xii) What is the function of the chalaza in an egg ?
a) It provides nutrients to the developing embryo.
c) It helps to protect the egg from external contaminants.
- (xiii) Choose the primary cause of scum formation on the surface of heated milk.
a) Protein denaturation
c) Lactose crystallization
- (xiv) Select the antioxidant given in the below.
a) Citric acid
c) Benzoic acid
- (xv) Which mineral is particularly important for thyroid function and can be affected by goitrogens?
a) Iron
c) Iodine
- b) Fats
d) Minerals
- b) Green coffee checking
d) Visual test
- b) triple bonds
d) single bonds
- b) Elastin
d) Actin
- b) It anchors the yolk in place within the egg.
d) It allows for gas exchange between the embryo and the environment.
- b) Fat separation
d) Mineral precipitation
- b) Polyglycerol
d) MSG
- b) Zinc
d) Calcium

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Define menu planning . (3)
3. Discuss the spoilage of fish . (3)
4. Illustrate general functions of spices . (3)
5. Write down a short note on soft diet. (3)
6. Illustrate the benefits and limitations of parenteral nutrition. (3)

OR

Explain refeeding syndrome . (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Discuss about the fats and oils processing in industry. (5)
8. Write down the classification of poultry . (5)
9. Discuss the role of fat as a shortening agent and leavening agent. (5)
10. Explain the difference between enteral and parenteral nutrition . (5)
11. Explain the factors affecting RDA . (5)
12. Write a short note on smoke point, flash point and fire point . (5)

OR

Write a short note on anti- nutritional factors present in pulses. (5)
