

- a) Ghee
c) Dalda
- b) Vegetable Oil
d) Lard
- (ix) Choose the nutrient which provides the greatest energy value per gram
a) protein
c) carbohydrate
- b) fat
d) water
- (x) State the protein of an adult male each day according to RDA?
a) 240g
c) 120g
- b) 24g
d) 60g
- (xi) Select the term when starch is cooking in moist condition?
a) oxidize
c) gelatinize
- b) caramelize
d) coagulate
- (xii) Identify the characteristics of marasmus
a) swelling of limbs
c) impaired growth
- b) replacing tissue proteins
d) protein deficiency
- (xiii) Select the full form of BMR?
a) Body Meter Rate
c) Basal Meter Rate
- b) Body Metabolic Rate
d) Basal Metabolic Rate
- (xiv) Identify the incorrect statement about Marasmus.
a) Pregnancy in lactation period
c) Less than one year old infants are affected
- b) Protein rich diet replaces mothers milk
d) Simultaneously deficiency of calories and proteins
- (xv) write the full form of RDA?
a) Retired Daily Allowances
c) Recommended Dietary Allowances
- b) Recommended Dairy Allowances
d) Recommended Daily Allowances

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Discuss the adverse effects of tannin. (3)
3. Explain the factors affecting of BMR. (3)
4. Classify gastrointestinal tract into its parts (3)
5. Write the name of different types of vitamin with examples. (3)
6. Formulate the energy requirement of an adult sedentary worker (male and female). (3)

OR

Write the difference between reference man and woman. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Explain the roles of functional foods (5)
8. Discuss the nutrient composition of rice. (5)
9. Explain the process of evaluation of the quality of egg. (5)
10. Recommend the dietary guidelines and nutritional requirement of lactating women. (5)
11. Distinguish between macro and micro mineral? (5)
12. Explain the specific dynamic action of foods. (5)

OR

Describe the dietary guidelines for an old person. (5)
