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1 SEM TDC HSCH (CBCS) C 2

2021

(Held in January/February, 2022)

HOME SCIENCE

(Core)

Paper : C-2

(**Food and Nutrition**)

Full Marks : 53

Pass Marks : 21

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

1. Fill in the blanks : 1×5=5
- (a) Meat, poultry and fish are rich sources of _____.
- (b) To cook in oven with dry heat is called _____.
- (c) _____ is required for proper vision.
- (d) One gram of fat provides _____ of energy.
- (e) _____ rice is an example of genetically modified food.

(2)

2. What do you mean by the following? $2 \times 5 = 10$

- (a) Malnutrition
- (b) Germination
- (c) Water-soluble vitamins
- (d) Nutritional status
- (e) Beriberi

3. Write short notes on the following (any four):

$5 \times 4 = 20$

- (a) Functions of protein
- (b) Difference between Kwashiorkor and Marasmus
- (c) Microwave cooking
- (d) Effect of excess carbohydrates in diet
- (e) Selection of egg while purchasing

4. What is food? Mention the functions of food. Write about the physiological functions of food.

$2 + 2 + 4 = 8$

Or

Explain the structure of an egg with a diagram. Mention the nutritional composition of egg.

$5 + 3 = 8$

(3)

5. Illustrate the methods of cooking.

10

Or

Write about the methods of enhancing nutritional quality of food.

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