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4 SEM TDC HSC M 1

2022

(June/July)

HOME SCIENCE

(Major)

Course : 401

(Food and Nutrition)

Full Marks : 48

Pass Marks : 14

Time : 2 hours

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

1. Fill in the blanks : 1×3=3

(a) Vitamin A deficiency leads to _____.

(b) Basic five food group was recommended
by _____.

(c) Meat is a rich source of _____.

2. Write 'True' or 'False' : 1×3=3

(a) Lavoisier is known as the father of
Nutrition.

22P/1186

(Turn Over)

(b) The simplest form of carbohydrate is glucose.

(c) Milk is a non-perishable food.

3. What do you mean by the following (any three)? 2×3=6

(a) Nutrition

(b) Absorption

(c) Radiation

(d) Preservation

4. Write the differences between the following (any three) : 3×3=9

(a) Macronutrient and Micronutrient

(b) Vitamin B and Vitamin C

(c) Perishable food and Non-perishable food

(d) Fat and Oil

5. Answer the following (any three) : 5×3=15

(a) Classify food according to their chemical compositions.

(b) Explain the digestion process in the stomach.

(3)

- (c) Write the advantages and limitations of Microwave cooking.
- (d) What are the causes of food spoilage? Write briefly.
6. How will you minimize the loss of nutrients while cooking? 5
7. What is cooking? What are the methods of cooking food? Write about two cooking methods. 1+2+4=7

Or

Write the objectives of food preservation.
Write about two methods of food preservation. 3+4=7
