

Exam. Code : 107701

Subject Code : 1874

**Bachelor of Food Science and Technology (Hons.)**

**1st Semester**

**FUNDAMENTALS OF FOOD NUTRITION**

**Paper—FST-104**

Time Allowed—3 Hours]

[Maximum Marks—50

**Note :-** Attempt any **FIVE** questions in all, selecting at least **ONE** question from each Section. All questions carry equal marks.

**SECTION—A**

- I. (a) What is role of water and energy balance ? 5  
(b) How is energy value of carbohydrates and fat calculated ? 5
- II. Discuss the various functions of food. What are various food groups ? 5+5=10

**SECTION—B**

- III. Discuss the dietary requirements of children and old people. 10
- IV. What is importance of BMI and BMR ? How balanced diet helps in maintaining health of a person ? 10

**SECTION—C**

- V. Discuss the importance of therapeutic nutrition and diet surveys. 10
- VI. Discuss various disorders of metabolism. 10

**SECTION—D**

- VII. Plan a day's diet for a patient who is suffering from :
- (a) Nephritis
  - (b) Tuberculosis. 5+5=10
- VIII. What are effects on our body of protein and carbohydrate malnutrition ? 10