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BSHHSCN 201

**II Semester B.Sc. (Home Science) Degree Examination, September 2022
(2021 – 22 Batch Onwards) (NEP 2020)
BASIC NUTRITION AND FOOD SCIENCE (DSCC)**

Time : 2 Hours

Max. Marks : 60

PART – A

I. Answer **any five** of the questions.

(5×2=10)

- 1) a) What is poaching ?
b) What do you mean by balanced diet ?
c) What is Scurvy ?
d) What are fat soluble vitamins ? Give example.
e) What is pasteurization ?
f) Give any 4 advantages of cooking.

PART – B

II. Answer the following.

(3×12=36)

- 2) a) Write a note on germination. Give its advantages.
b) Explain the moist heat methods of cooking.

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OR

- 3) a) Give the functions of food.
b) Classify foods.
- 4) a) Write a note on dextrinisation.
b) Explain the structure of egg with neat labeled diagram.

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OR

- 5) a) Write a note on the importance of fruits and vegetable.
b) Discuss the principles of cereal cookery and add a note on directions for cooking cereals.

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- 6) a) Give the functions of carbohydrates. **4**
b) Explain the sources, functions and deficiency of Iron and zinc. **8**

OR

- 7) a) What are lipids ? Give the classification with example. **4**
b) Explain the sources, functions and effects of deficiency of vitamin A. **8**

PART – C

III. Answer **any 2** of the following questions. **(2×7=14)**

- 8) Give the objectives of cooking. Add a note on different modes of heat transfer.
9) Air as a media of cooking. Explain.
10) Write the functions of water. Give the composition of drinking water.
11) Explain the effects of deficiency of Niacin.
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