

Branch - FOOD PROCESSING TECHNOLOGY

APPLIED NUTRITION

Time : Three Hours

Maximum : 75 Marks

SECTION-A (20 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (10x2 = 20)

- 1 Define balanced diet.
- 2 Give the protein and calcium requirement for an adult man.
- 3 Define food security.
- 4 List the international organizations concerned with food and nutrition.
- 5 Writ the ICMR RDA of calcium and vitamin A for a lactating women doing moderate activity (6-12 months).
- 6 List the nutritional related problems of old age.
- 7 Define weaning.
- 8 Suggest few healthy packed lunches for school going children.
- 9 Define physical fitness.
- 10 Give any four foods for pre-event meal.

SECTION - B (25 Marks)

Answer ALL Questions'

ALL Questions Carry EQUAL Marks (5 x 5 = 25)

- 11 a Briefly give the principles involved in menu planning.
OR
b Discuss the practical solutions for the nutritional problems prevailing in our India.
- 12 a Give short notes on WHO in promoting health of the people.
OR
b Discuss on FAO in the production of food.
- 13 a Write the ICMR RDA for a sedentary pregnant women and give reasons for increased energy.
OR
b Discuss on the food requirements and dietary guidelines in planning a menu for an adolescent girl.
- 14 a Describe any five low cost supplementary foods developed in India.
OR
b What are the dietary guidelines to be followed while planning a diet for ' preschool child and formulate a food product for the same child.
- 15 a Describe the muscular endurance and power.
OR
b Give the principles and dietary guidelines for yoga.

SECTION - C (30 Marks)

Answer any THREE Questions

ALL Questions Carry EQUAL Marks (3 x 10 = 30)

- 16 Describe the role of ICN approach in promotion and protection of nutritional wellbeing.
- 17 Explain the role of DFRL in food product development for the defence people.
- 18 Describe the nutrition related problems of old age.
- 19 Elaborate the nutritional requirement for school going children and give the importance of packed lunch with some healthy recipes.
- 20 Explain the components of fitness.