

Q.4 Which of the following statements is true about proteins?

- a) Proteins are made up of amino acids.
- b) Protein is essential for the development of skin, teeth and bones.
- c) Protein is the only nutrient that can build, repair and maintain body tissues.
- d) All of the above

Q.5 Which of the following food components does not provide any nutrients?

- a) Milk b) Water
- c) Fruit Juice d) Vegetable soup

Q.6 Potatoes, cereals, beans, pulses and oats are rich in _____.

- a) Proteins b) Vitamins
- c) Minerals d) Carbohydrates

SECTION-B

Note: Objective/ Completion type questions. All questions are compulsory. (6x1=6)

Q.7 Kwashiorkor is deficiency disease of which nutrient?

Q.8 What is the range of water activity?

Q.9 Rickets is deficiency disease of _____.

Q.10 Full form of MUFA.

Q.11 Name water soluble vitamins?

Q.12 Name two rich source of vitamin C.

SECTION-C

Note: Short answer type questions. Attempt any eight questions out of ten questions. (8x4=32)

Q.13 What is a balanced diet? Explain?

Q.14 What is the importance and sources of different plant pigments?

Q.15 What are food additives ? Give example of some important food additives with their function ?

Q.16 Write a note on water activity?

Q.17 Explain the importance of food groups ?

Q.18 Define vitamins and explain deficiency disease of vitamin A?

Q.19 Explain the function of iron and zinc?

Q.20 Explain the nomenclature of enzymes ?

Q.21 Classify Carbohydrates ?

Q.22 Classify Fats with suitable examples ?