

**Q.1 a) Define the terms.**

**(5 Marks)**

1. Food
2. Saturated Fatty acids
3. Caramelization
4. PEM
5. Balanced Diet

**b) Fill in the blanks**

**(5 Marks)**

1. \_\_\_\_\_ is a quick source of energy.
2. Body building and repair is the main function of \_\_\_\_\_.
3. 1 gm of Carbohydrate provide \_\_\_\_\_ Cal.
4. The development of any disagreeable odour and flavour in fats and oil causing spoilage is known as \_\_\_\_\_.
5. \_\_\_\_\_ is the only animal source of carbohydrates.

**c) Match the columns.**

**(5 Marks)**

Sr. no	Column A	Column B
1	Visible fat	Glucose
2	Monosaccharides	Spinach
3	Complete Protein	Soft drinks
4	Protective vegetable group	Butter
5	Empty calories	Eggs

**Q.2 Attempt any three**

**(15 Marks)**

1. Define Food and its functions in detail.
2. Draw the food pyramid and explain in detail.
3. Define the term: Over and under nutrition.
4. What are the factors affecting on daily food intake?
5. Write a short note on Iodine.

**Q.3 Attempt any three**

**(15 Marks)**

1. Explain the classification of Fats.
2. Write a short note on Monosaccharides.
3. State the functions of Proteins.
4. What is Gelatinization?
5. Write down the sources of Protein.
6. Explain the hydrogenation of fats.

**Q.4 Attempt any three**

**(15 Marks)**

1. Write a short note on vitamin D.
2. What do understand by Vegan diet?
3. Write a note on Iron.
4. Explain the functions of water.
5. Write a short note on Vitamin B1.
6. Explain the importance of Prothrombin.

**Q.5 Attempt any three**

**(15 Marks)**

1. Write down the deficiencies of Protein.
2. Define Fatty acids and its classification.
3. Describe the role of vitamin A in diet.
4. Explain the body building food group.

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