Q.1. Discuss the various functions of food. (10)

Q.2. A non-vegetarian meal provides 20 gm. protein, 20 gm. fat and 120 gm. of carbohydrates. Calculate the calories provided by this meal:

Sources of Energy:
- Protein - 4 Kcal / gm.
- Carbohydrates - 4 Kcal / gm.
- Fats - 9 Kcal / gm.

Calculate the BMI (Body Mass Index) of a man weighing 65 kg. having height 155 cm. Specify and discuss on the obesity of the man. (5+5=10)

OR

Define BMR and list the factors affecting BMR. (10)

Q.3. What are the various functions of carbohydrates in our body? (10)

OR

What is the function of protein in our body? How can the quality of protein be improved in food? (10)

Q.4. Classify vitamins and enumerate the functions of Vitamin A in the body along with its important source. OR

List the general functions of minerals in our body. (10)

Q.5. Explain the role of water in maintaining the water balance of the body. (10)

Q.6. What is balanced diet? Classify food into various groups. (10)

Q.7. What measures should be taken in mass food production to retain maximum nutritive value of food? OR

List ten popular items on a typical Indian restaurant menu, which are suitable for a diabetic individual. (10)

Q.8. List the various categories of convenience foods giving suitable example for each category. (10)

Q.9. A Match the following:
(i) Beri-Beri (a) Vitamin C
(ii) Anaemia (b) Iodine
(iii) Goitre (c) Vitamin D
(iv) Scurvy (d) Iron
(v) Rickets (e) Vitamin B

B Define the following terms:
(i) SDA (ii) Malnutrition
(iii) Health (iv) RDA
(v) Thawing

Q.10. Fill in the blanks:
(a) Energy is measured in __________.
(b) Vitamin D is gained from __________.
(c) The only sugar required by brain is __________.
(d) __________ is a disease caused by deficiency of Vitamin A.
(e) Excessive loss of water results in __________ while accumulation of water in extracellular space is called __________.
(f) The basic building blocks of proteins are called __________.
(g) Loss of appetite due to psychological disturbance is called __________.
(h) Feeling of satisfaction and fullness and not feeling hungry till the next meal is called __________.
(i) __________ is a disease caused by deficiency of calcium in children. (10x1=10)