

Rani Rashmoni Green University

Nutrition and Public Health

Semester II

COURSE CODE: GNPHT-21

(UNIT-1 : FOOD COMMODITIES AND FOOD PROCESSING

UNIT-2: NUTRITION IN PHASES OF HUMAN LIFE)

Full marks-20

Time-1hr

Write any **Ten** questions-

10 × 2= 20

1. Write two uses of spice in daily life? Write down one use of the Basil plant. 1+1
2. Write the active ingredients present in oregano leaf. Write two health benefits of pomegranate. 1+1
3. Name a tuber vegetable which is a high source of vitamin A and a root vegetable that is a rich source of natural dietary nitrate. 1+1
4. Name the principal methods of heat treatment for fruit processing. Which of them provides the highest shelf life? 1+1
5. What is marbling of meat? Give the examples of endogenous and exogenous proteolytic enzymes of meat. 1+1
6. Briefly discuss the process of rigor mortis. 2
7. What do you mean by crystalline candies? Name two examples. 1+1
8. What is Vitelline membrane? What is Chalaza? 1+1
9. Write two advantages of pressure cooking. 2
10. What is rancidity? Mention two ways of preventing rancidity. 1+1
11. Define colostrum. State two important components of colostrum. 1+1
12. What are the key indicators of SAM in children? 2
13. Explain any two problems associated with infant feeding. 2
14. Why is weaning necessary for infants? 2