

**NH—101-T (Syllabus-2015)**

**2 0 1 5**

( October )

**NUTRITION (Arts)**

( Honours )

Paper—I (NH 101-T)

( **Fundamentals of Nutrition and Food Science** )

Marks : 56

Time : 3 hours

*The figures in the margin indicate full marks for the questions*

Answer Question No. 1 which is compulsory and any **four** from the rest

1. (a) Define the terms 'food', 'health' and 'nutrition'. 3+3+3=9  
(b) Write briefly on the types of nutrition. 7
2. Discuss in brief the digestion, absorption, transport and utilization of protein. 10
3. What is a 'food guide'? With the help of a diagram, describe the use of a 'food guide pyramid'. 3+7=10

4. Write short notes on any *two* of the following :  $5 \times 2 = 10$
- (a) Basic food group
  - (b) Psychological function of food
  - (c) Functions and sources of iron
5. (a) What are carbohydrates? Write their classification with proper examples.  $2+3=5$
- (b) Differentiate between fat-soluble and water-soluble vitamins. Give examples. 5
6. Discuss in detail the methods to enhance and conserve nutrients in foods.  $5+5=10$
7. (a) Differentiate between macro- and micro-nutrients. 5
- (b) Classify lipids and write the functions of lipids. 5
8. Write short notes on any *two* of the following :  $5 \times 2 = 10$
- (a) Classification of nutraceuticals
  - (b) Principles of food preparation
  - (c) Dry methods of food preparation

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1/H-38(i) (Syllabus-2015)

2016

( October )

NUTRITION (Arts)

( Honours )

( Fundamentals of Nutrition and Food Science )

( NH-101 T )

Marks : 56

Time : 3 hours

The figures in the margin indicate full marks for the questions

Answer Question No. 1 which is compulsory and any four from the rest

1. (a) Classify vitamins with proper examples. Discuss the functions of any two of them. 4+4=8
- (b) Name the sources of carbohydrates and discuss their functions. 4+4=8
2. Define the following terms : 2×5=10
  - (a) Food
  - (b) Nutrition

D7/48

( Turn Over )

( 2 )

- (c) Health
- (d) Balanced diet
- (e) Optimum nutrition
3. (a) List the different types of cooking methods. 4
- (b) Discuss the factors affecting health. 6
4. Describe the changes that foods undergo during cooking. 10
5. (a) What are nutraceuticals? Write their classifications. 2+3=5
- (b) What are the functions of macro-minerals? 5
6. (a) What are proteins? Write their sources. 2+3=5
- (b) Write the types of protein energy malnutrition. 5
7. Describe the principles of food preparation. 10
8. Write short notes on the following : 5×2=10
  - (a) Fermentation
  - (b) Germination

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D7-100/48

1/H-38(i) (Syllabus-2015)

**1/H-38(i) (Syllabus-2015)**

**2017**

( October )

**B.A. (HONOURS) NUTRITION**

**( Fundamentals of Nutrition and Food Science )**

( NH-101 T )

Marks : 56

Time : 3 hours

*The figures in the margin indicate full marks  
for the questions*

Answer Question No. **1** which is compulsory and  
*any four* from the rest

1. (a) Define food. Discuss the physiological, psychological and social functions of food. 2+6=8
- (b) Describe the classification, functions and dietary sources of carbohydrates. 2+4+2=8
2. What are the methods of food preparation? Discuss each one in detail. 4+6=10

3. (a) What is balanced diet? 3  
(b) Discuss the factors affecting health. 7
4. (a) What are micro-nutrients? Write the sources of micro-nutrients. 2+3=5  
(b) What are nutraceuticals? Mention their types. 2+3=5
5. (a) Define optimum nutrition and malnutrition.  $2\frac{1}{2}+2\frac{1}{2}=5$   
(b) Explain the fine food groups. 5
6. Discuss the digestion, absorption, transport and utilization of nutrients. 10
7. Differentiate between the water-soluble vitamins and the fat-soluble vitamins. 10
8. Write short notes on the following :  $2\times 5=10$   
(a) Nutrition  
(b) Health  
(c) Sprouting  
(d) Parching  
(e) Puffing

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**1/EH-20 (i) (Syllabus-2015)**

**2017**

( October )

**PHILOSOPHY**

( Elective/Honours )

( **Epistemology and Metaphysics** )

( PHIL-11 )

*Marks : 75*

*Time : 3 hours*

*The figures in the margin indicate full marks  
for the questions*

Answer *any five* questions

1. What is Philosophy? How would you distinguish between Philosophy and Religion? Are they complementary to each other? 2+10+3=15
2. Examine Empiricism and Rationalism as theories of knowledge. 15
3. How does the Naiyāyikas define Pratyakṣha (Perception)? Write in detail about the different kinds of Perception. 5+10=15

( 2 )

4. What is Truth? Name the different theories of truth. Briefly examine the coherence theory of truth.  $3+2+10=15$
5. What is Idealism? Give a brief account of the different forms of idealism.  $5+10=15$
6. What do you understand by the concept of Substance? Why does Hume reject the notion of a permanent substance? Explain.  $5+10=15$
7. Define Realism. Name the different forms of realism. Critically examine scientific realism.  $3+2+10=15$
8. What is Monism? Discuss abstract and concrete monism. Why is Śaṅkara called an Indian monist?  $2+8+5=15$
9. Explain Anumāna. Distinguish between Svārthānumāna and Parārthānumāna. Write briefly the differences between Nyāya syllogism and the Aristotelian syllogism.  $2+8+5=15$

8D/16

( Continued )

( 3 )

10. Write short notes on any two of the following :  $7\frac{1}{2}\times 2=15$ 
  - (a) Critical Philosophy
  - (b) Pluralism
  - (c) Verbal Testimony
  - (d) Causality

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8D—7000/16

1/EH-20 (i) (Syllabus-2015)

2018

( October )

B.A. (HONOURS) NUTRITION

( Fundamentals of Nutrition and Food Science )

( NH-101 T )

Marks : 56

Time : 3 hours

*The figures in the margin indicate full marks*

*for the questions*

Answer Question No. **1** and **any four** from the rest

1. (a) Define food, nutrition and health. What is optimum nutrition? 6+2=8

(b) What are fat-soluble vitamins? Classify them and describe their functions. 2+6=8

2. Discuss the digestion, absorption, transport and utilization of nutrients. 10

3. Classify the five basic food groups. What is food pyramid? How is it useful as food guide?

5+5=10



4. What are the principles of food preparation? Mention some of the methods of food preparation and discuss each one in detail.

4+6=10

5. What are macro-nutrients? How do they function in the body?

2+8=10

6. (a) How do you enhance the nutritive value of food using the domestic methods?

5

(b) How do you minimize the nutrient losses of food while preparing and cooking?

5

7. What are nutraceuticals? Classify them. What are their benefits to health?

3+4+3=10

8. Write short notes on the following :

2x5=10

(a) Balanced diet

(b) Water-soluble vitamins

(c) Malnutrition

(d) Physiological functions of food

(e) Lipids

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1/H-38 (i) (Syllabus-2015)

2019

( October )

B.A. (HONOURS) NUTRITION

( NH-101 T )

( Fundamentals of Nutrition and Food Science )

Full Marks : 56

Time : 3 hours

*The figures in the margin indicate full marks  
for the questions*

Answer Question No. 1 and any four from the rest

1. (a) Define food. Explain the functions of food. 2+6=8  
(b) What is balanced diet? Mention the five food groups in detail. 3+5=8
2. What are proteins? Briefly explain the functions and dietary sources of proteins. 2+4+4=10
3. Discuss the interrelationship between health and nutrition, emphasizing the use of food in the body. 10

20D/30

( Turn Over )

(2)

4. Discuss the different methods of food preparation. 10
5. Write short notes on the following : 5+5=10
- (a) Classification of nutraceuticals
  - (b) Vitamin C
6. What are micronutrients? Explain the functions and dietary rich sources of any two micronutrients. 2+4+4=10
7. Write down the various methods of food preparation that enhances the nutritive value. Explain any two in detail. 2+4+4=10
8. Write notes on any two of the following : 5×2=10
- (a) Malnutrition
  - (b) Steps to prevent nutrient losses
  - (c) Fat-soluble vitamins

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