

Sub.Code: P21EC1SE1

GOVERNMENT COLLEGE FOR WOMEN (AUTONOMOUS)

KUMBAKONAM

M.A., DEGREE EXAMINATIONS – FEBRUARY – 2022 (NOVEMBER – 2021)

FOOD AND NUTRITION

Time : 2 Hrs.

Maximum : 75 Marks

Answer ALL the Questions

(5×15=75)

1.a. Explain the various concepts of the following : 1.Food, 2.Nutrition and 3.Health.

(OR)

b. What are the food groups essentials for human life? Explain.

2.a. Explain the various functions of Food and Nutrition.

(OR)

b. Describe the importance and Components of Balanced Diet.

3.a. Define the concept of Nutrition, and Explain the Classification of Nutrition.

(OR)

b. Explain the classification of Carbohydrate.

4.a. Discuss, what are the factors affecting meal planning.

(OR)

b. Explain the importance of meals planning.

5.a. Discuss the Importance of nutritional Labeling in India.

(OR)

b. Explain the recent trends of global and regional food consumption.
