



Reg. No.: .....

Name: .....

## University of Kerala

First Semester FYUGP Degree Examination, December 2025

Discipline Specific Core Course

### BIOTECHNOLOGY

#### UK1DSCBIT104 - Food and nutrition

Academic Level: 100-199

2024 Admission onwards

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark  
Each.Answer all questions

Qn No.	Question	CL	CO
1	Name the vitamin deficient in scurvy.	RE	1
2	Which component of food has no energy but is essential for life?	RE	1
3	Identify the age group with highest BMR.	UN	4
4	Give a common method used to extend the shelf life of semiperishable foods	UN	2
5	Describe fermentation	UN	7
6	Explain oil fat indices.	UN	3

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Explain the term adult consumption unit with its significance.	UN	4
8	Explain any two factors that affect the shelf life of perishable foods.	UN	2
9	Explain the nutritional benefits of yogurt.	AP	7
10	Identify a common dietary supplement rich in prebiotics and describe its significance in improving gut health.	AP	6

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options \* within each question

Qn No.	Question	CL	CO
11	A)	AP	5, 7

Qn No.	Question	CL	CO
	<p>Explain Basal Metabolic Rate (BMR), emphasizing how it is measured, the factors that affect it, and its significance in human nutrition.</p> <p>OR</p> <p>B)</p> <p>Explain with examples how fermented foods enhance digestion and gut health.</p>		
12	<p>A)</p> <p>Analyze role of RDA and dietary guidelines to promote public health.</p> <p>OR</p> <p>B)</p> <p>Examine the importance and scope of food science in your point of view.</p>	AN	4, 1
13	<p>A)</p> <p>Compare and contrast the nutritional profiles of traditional Indian foods with modern fast foods.</p> <p>OR</p> <p>B)</p> <p>Evaluate the importance of energy balance in nutrition. Explain how too little energy and too much energy affect the body.</p>	EV	2, 5
14	<p>A)</p> <p>Design a strategy to improve your current food habits by incorporating fermented foods.</p> <p>OR</p> <p>B)</p> <p>Create content for a dietary guide that highlight the role of dietary fibre in nutrition</p>	CR	7, 1