

SECTION-B

2. Define Energy Balance. What are the health hazards associated with it?
3. Enlist the methods to improve the quality of protein in food.
4. Briefly explain the role of water in maintain good health.
5. Signify the role of dietary fibre in our diet.
6. What do you understand by the term “Winterization”?

SECTION-C

7. Mention any three function of each of the following nutrients:
 - a. Vitamin-A
 - b. Vitamin-K
 - c. Vitamin-C
8. Explain the process of gelatinization and state the factors affecting it.
9. Explain the importance of food in maintaining good health.

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