

Mid-West University
Examinations Management Office

End Semester Exam-2082

B.Ed. Level / III Semester

Sub: Food and Nutrition Education (HEP435/336)

Roll No.

Group 'A'

10×1=10

Tick (✓) the Best Answer.

1. Which of the following food substances comes under body building nutrient?
a. Fat
b. Vitamin
c. Protein
d. Carbohydrate
2. Which one of the followings is not the type of disaccharides carbohydrate?
a. Sucrose
b. Cellulose
c. Maltose
d. Lactose
3. Which macronutrient provides the highest amount of energy per gram?
a. Carbohydrates
b. Proteins
c. Fats
d. Vitamins
4. How much calorie does a school going child of between 13 to 15 years' age need every day?
a. 2200-2500 Calories
b. 2400-2700 calories
c. 2000-2300 calories
d. 1900-2300 calories
5. Which of the following minerals comes under micro-nutrients?
a. Fluorine
b. Chlorine
c. Calcium
d. Phosphorus

6. Which of the followings is not a function of proteins in the human body?
a. Enzyme production
b. Energy storage
c. Tissue repair
d. Hormone synthesis
7. Which one of the following methods is not the commercial method of food preservation and storage?
a. Freezing method
b. Pasteurization method
c. Canning method
d. Burial method
8. is not the nutrition deficiency disease.
a. Pediculosis
b. Rickets
c. Beriberi
d. Night Blindness
9. Which mineral is essential for oxygen transport in the blood?
a. Calcium
b. Iron
c. Potassium
d. Magnesium
10. "Food is defined as anything solid, liquid or semi solid which when swallowed, digested and assimilated, nourishes the body." Who said it?
a. Rajamal P. Devasas
b. Y.P. Bedi
c. Park and Park
d. K.R. Dikshit

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Level: B.Ed. / III Semester

FM: 60

Time: 3 hrs.

PM: 30

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Candidates are requested to give their answers in their own words as far as practicable.

Attempt All the Questions.

Group 'B'

6 × 5 = 30

1. Define food and nutrition. Write the importance of nutrition in human health.
2. Define the term 'Protein' and write the problems created by the deficiency of protein.
3. Define malnutrition and mention the main causes of malnutrition in Nepal.

Or

Explain the processes of digestion, metabolism, and absorption in the human body, accompanied by relevant diagrams.

4. Discuss its significance by highlighting how a balanced diet can be achieved using the available food sources within our local community.
5. Give the rationale of School Nutrition Programme and make a list of things that are needed during the supervision period of the School Nutrition Programme.
6. Write the sources of vitamins and its functions in our body.

Or

What are nutritional deficiency diseases of children and women? Write their preventive measures in detail.

Group 'C'

2 × 10 = 20

7. Define and classify carbohydrate and write its functions in detail.
8. Define food adulteration and list its causes. Discuss the preventive measures against food adulteration.

Or

Define food hygiene. How can it be maintained throughout the stages of grain production, preparation, processing, storage, and consumption? Explain.

THE END