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## 20. Home Science I Paper (311)

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**Exam 2066**

**Time: 3 hrs**

**Full Marks: 100**

Attempt any TWO questions from Group 'A' and FIVE from Group 'B'.

**Group 'A'**

**2×15=30**

1. What type of diet would you recommend persons on special conditions such as pregnancy, lactation and old age?
2. What are the functions of carbohydrates and proteins? What are their sources and the daily allowances for an adult of average built?
3. Why do we cook food? What are the effects of cooking on the nutrients present in the good stuff?

**Group 'B'**

**5×9=45**

4. What do you mean by food fortification? Describe any two foods that are generally fortifies.
5. Write down the functions, effects of deficiency and dietary sources of calcium and iodine.
6. What are the functions of acidity and alkalinity?
7. What is kwashiorkor? What are the symptoms and how it is cured?
8. What do you mean by pH value of a solution? Explain it.
9. What are the points to be considered while selecting, purchasing and storing food items?
10. What do you mean by balance diet? What are the factors to be considered while planning a balanced diet?

**Exam 2067****Time: 3 hrs****Full Marks: 100**

Attempt any TWO questions from Group 'A' and FIVE from Group 'B'

**Group 'A'****2×15=30**

1. How would you differentiate between good and poor nutrition? Explain the different ways by means of which food is classified?
2. What do you understand by Fat Metabolism? Explain in detail.
3. What do you understand by protein energy malnutrition in Nepal.

**Group 'B'****5×9=45**

4. What do you understand by Basal Metabolism?
5. How is food related to health?
6. What do you mean by food fortification?
7. What are the points to be considered for proper storage of different kinds of food stuffs?
8. Explain the objectives of modification of Normal Diet.
9. What are the factors to be remembered while planning food budget?
10. Explain the reasons of food adulteration.

**Exam 2068****Time: 3 hrs****Full Marks: 100**

Attempt any TWO questions from Group 'A' and FIVE from Group 'B'

**Group 'A'****2×15=30**

1. Explain the properties, functions, sources and daily allowances of carbohydrates and proteins.
2. What are the causes of microbial food poisoning and food infection? How would you take precautions for sanitary handling of foods and utensils?
3. What do you understand by food habit? What are the factors that affect the good habits of rural and urban people?

**Group 'B'****5×9=45**

4. What is food budgeting and why should we need to plan it?
5. How does the contamination of milk take place?
6. What are the factors that influence meal planning?
7. What are the points to be kept in mind when we want to purchase foods and store the same?
8. What type of diet will you recommend for a patient suffering from infection diseases such as Typhoid and Tuberculosis?
9. What do you know about PEM?
10. Write short notes on any TWO.
  - a) Fermentation
  - b) Germination
  - c) Fortification

**Exam 2069****Time: 3 hrs****Full Marks: 100**

Attempt any TWO questions from Group 'A' and FIVE from Group 'B'

**Group 'A'****2×15=30**

1. Explain the relation of good and poor nutrition to health. Show that the relationship between nutrient found in food and functions of food and nutrients.
2. What do you understand by food adulteration and consumer protection? Give reasons for food adulteration.
3. What are the causes of microbial food poisoning and food infection? How would you take precautions for sanitary handling of food and utensils?

**Group 'B'****5×9=45**

- Write composition, function and sources of iron and vitamin 'A'.
- What are the factors that influence meal planning?
- Write the symptoms and causes of Kwashiorkor and Marasmus.
- Write in brief the different methods of cooking.
- What would you keep points in mind while selecting, purchasing and storing foods?
- What do you mean by pH value of a solution? Explain.
- Write short notes on any TWO.
  - Germination
  - Fortification
  - Fermentation

**Exam 2070****Full Marks: 75****Time: 3 hrs.****Home Science (311)**

Attempt any two questions from Group A and five from Group B

**Group "A"****[2×15=30]**

- What do you understand by food adulteration and consumer protection? Give reasons for food adulteration.
- What do you mean by Protein Energy Malnutrition (PEM)? Discuss about the prevalence situation of PEM in Nepal.
- Explain the relation of good and poor nutrition to health. How nutrient found in food and relate with the function of good and nutrients.

**Group "B"****[5×9=45]**

- How does the contamination of milk take place? Describe
- Write the points to be kept in mind while selecting, purchasing and storing foods.
- What type of diet would you recommend for a patient suffering from beriberi and goiter?
- Write introduction, definition and nutritional requirements for a pregnant woman.
- What is food budget? Why should we need to plan it?
- Explain about methods of cooking.
- Explain the composition-function and sources of iron and vitamin A.

**Home science (301)**

Attempt any two questions:

**[2×15=30]**

- How would you differentiate between good and poor nutrition? Explain the different ways in which food is classified.
- What is the difference between enzymes and hormones? Give their specific functions.
- What are the functions of carbohydrate and proteins? What are their sources and the dietary allowances for an adult?

Write short notes on any five of the following:

**[5×9=45]**

- What is bacterial food spoilage and how would you prevent it?
- How is food related to health? Describe briefly.
- How do you plan a balanced diet for a pregnant woman?
- Give reasons for food adulteration and state how it affects the consumer.
- What is Kwashiorkor? What are the symptoms and how is it cured?
- What are the points to be considered for proper storage of different kinds of food stuff?
- How does the contamination of milk take place?