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IIIrd Semester

Class Test

Date - 16/10/23

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Course - BSc Botany Hons.

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GE - Zoology (Food Nutrition & Health)

✓ Q1 Define food? Give account of component of nutrition?
→ ⑤ marks.

Q2 (a) Give dietary sources and physiological function of any two

(i) Protein

(ii) Vit. C

(iii) Calcium

(iv) Zinc

→ ④ Marks

(b) Define food pyramid or Define carbohydrates?

→ ① Marks

Answer

Ans1- Food are energy-giving substances which help us to growth and vital processes and to furnish energy. The absorption and utilization of food by body is fundamental to nutrition.

Components of Nutrition are:-

Macronutrition

- Our Body need macronutrition in large amount
- It give us energy in great amount.



Macronutrient are →
Carbohydrates,
Protein and Fat.

Micronutrition

- Micronutrition intake ~~to~~ in our body is of less amount.
- These are also very important for our Health.



Micronutrients contain
vitamins and
minerals.

Macronutrients :-

- ① Carbohydrates → It is made up of Carbon, Hydrogen and oxygen.

our Body needs large amount of Carbohydrate because it give very much amount of energy.

Carbohydrate contains - cereals, pulses, ~~etc~~, Barley etc.

① Protein → protein are made up of formation or attachment of many amino acids.

Chain of amino acid is ~~known~~ called Protein.

→ It help for growth and build our muscles.

→ Childrens need protein in good amount because they are in their growth Stage.

Pulses, Lentils give huge amount of protein to our Body.

② Fats → Fats are made up of Carbon, Hydrogen and oxygen. Oils comes under category of Fat.

Fats are of two types :-

↓
[Essential Fats.]

↓
These are those fat which our body do not make itself.
Essential fat include →
meat, fish etc.

↓
[non-Essential Fats.]

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These are non-essential fat which our body make itself to complete its nutrients.

Micronutrients :-

① Minerals → It is also taken in less amount.
Its means 2-3 times in a week.

⊙ Excess of micronutrients can cause severe diseases
Like → Cardiac disease
Hypertension
Diabetes etc.

⊙ Deficiency of micronutrient cause → early ageing.

② Vitamins → Our Body needs vitamin in small quantity.
Vitamins are of two-types.

Fat-Soluble

Vit - A, K, D

Water Soluble

Vit - B and C

Vit A → Important for our eye-sight.

Vit K → Important for coagulation of Blood.

Vit D → Sun gives / activate Vit D in our Body.

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Q2 (a) (i) Protein $\Rightarrow$ It help in Body-building and Growth of our Body.

Dietary Source $\Rightarrow$ Lentils, Pulses, Meat, fish etc.

Physiological function $\Rightarrow$

- ① It helps in muscle formation.
- ② Growing Children should take protein in good amount. $\Rightarrow$ Help in growth.
- ③ Protein gives us many more energy to our Body.

(b) (iii) Calcium $\therefore$ It helps to become our Bones Strong.

Dietary Source of Calcium are $\therefore$ Milk, Dairy Products, such as (Ghee, curd) etc, green vegetables, eggs, meat, fish.

Physiological function of Calcium are :-

- 1- It is important to make bones strong.
- 2- Help in muscle contraction and blood circulation.
- 3- Calcium is important for our teeth as well.

(b) Food pyramid → food pyramids are level of organised different food in different food groups.

- Food pyramid shows the usage of food in quantity by our body.

