

M.Sc Sem.-2 Examination

P - 407

Food Science

June 2022

Time : 2-00 Hours]

[Max. Marks : 50

| Instructions: | | |
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| All questions in Section I & II carry equal marks | | |
| Illustrate your answers with neat diagrams wherever necessary. | | |
| Section- I Answer in detail (Any six) | | [42] |
| 1 | What is energy system? Explain the types in detail. | |
| 2 | Explain FITTE principle in detail with suitable examples. | |
| 3 | Define physical fitness and explain health related components of physical fitness in detail. | |
| 4 | Why pranayam and yogasan are important in our life? | |
| 5 | What is Health and wellbeing According to WHO? Elaborate. | |
| 6 | Enlist social determinant of food choices and explain in detail . | |
| 7 | "Body composition is a true marker of physical fitness" justify the statement. | |
| 8 | Which macro and micronutrients are needed for better development of infant? | |
| 9 | Explain physical and motor development during infancy. | |
| 10 | Write a detail note on vegetarianism. | |
| 11 | What are Egogenic aids? Describe any two most commonly used ergogenic supplements. | |
| 12 | How does circulatory system works during exercise and during rest? | |
| Section -II Answer in short (Any eight) | | [08] |
| 1 | Describe carbohydrate loading in short | |
| 2 | Enlist skill related components of physical fitness | |

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| 3 | Which scientific sequence of yoga one should follow if suffering from back pain. | |
| 4 | Which asana are beneficial in gastrointestinal problems. | |
| 5 | Purpose behind mid-day meal program. | |
| 6 | What are the cultural influences | |
| 7 | Define the concept of health "Balance between person and environment" | |
| 8 | Explain these terms: Stunting and Wasting | |
| 9 | What is rooting reflex? | |
| 10 | What is a change observing in infant's GIT at birth and at the end of a year? | |
| 11 | What are the steps for growth monitoring in infant? | |
| 12 | What are skill related components of physical fitness? | |
| 13 | What is Physical activity pyramid ? | |
| 14 | Define exercise. | |

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