

SSR DEGREE COLLEGE (AUTONOMOUS)
SEMESTER-I
Unit Wise Important Questions

Unit – I

Short Questions (4Marks)

1. Define food, nutrition, and nutrients.
2. Write any two functions of carbohydrates.
3. What is a balanced diet?
4. Write the uses of a food guide pyramid.
5. Write two differences between cereals and millets.
6. Mention two nutrient losses during cereal processing.
7. Give two examples of sugar cookery.
8. What is jaggery? Mention its nutritive value.

Long Questions (10Marks)

1. Explain the classification of food groups based on functions and origin.
2. Discuss the composition, nutritive value, and nutrient losses of cereals.
3. Explain the nutritive value of millets and their importance in diet.
4. Write about sugar cookery – types, stages, and uses in cookery.
5. Discuss the nutritive value of jaggery and honey.

Unit II – Pulses, Legumes, Nuts & Oil Seeds, Fats & Oils

Short Questions (4Marks)

1. Write the nutritive value of pulses.
2. Mention two antinutritional factors in pulses.
3. What is germination? Write its importance.
4. What is rancidity of oils?
5. Write two toxins present in nuts and oilseeds.
6. Mention physical properties of fats.
7. Define malting.
8. Write two functions of fats in the body.

Long Questions (10Marks)

1. Discuss the composition, nutritive value, and nutrient losses of pulses.
2. Write in detail about germination and malting of pulses and their significance.
3. Explain the nutritive value of nuts and oil seeds and their role in cookery.
4. Discuss the composition, nutritive value, and properties of fats and oils.
5. Explain rancidity of oils, its types, and prevention methods.

Unit III – Vegetables, Fruits & Food Preservation

Short Questions (4Marks)

1. Write two changes that occur in vegetables during cooking.
2. What is enzymatic browning?
3. Mention two methods of food preservation.
4. Write two factors affecting fruit storage.
5. Mention two losses of nutrients during vegetable cooking.
6. Define ripening of fruits.
7. What are preservatives?
8. Give two examples of high temperature food preservation.

Long Questions (10Marks)

1. Explain the classification, composition, and nutritive value of vegetables.
2. Discuss the classification, composition, nutritive value, and storage of fruits.
3. Write about enzymatic browning and its prevention.
4. Discuss the principles and methods of food preservation (dehydration, low temperature, high temperature, preservatives).
5. Explain the effect of cooking on nutritive value of vegetables.

Unit IV – Animal Foods & Food Adulteration

Short Questions (4Marks)

1. Write the nutritive value of milk.
2. Mention two examples of fermented milk products.
3. Define food adulteration.
4. What is pasteurization?
5. Mention two qualities of a good egg.
6. Write any two adulterants in milk.
7. Give two examples of non-fermented milk products.

8. Write nutritive value of poultry meat.

Long Questions (10Marks)

1. Discuss the composition, nutritive value, and products of milk.
2. Write about fermented and non-fermented milk products in detail.
3. Explain the nutritive value and quality of eggs.
4. Discuss the classification, composition, and nutritive value of poultry.
5. Write about food adulteration – common adulterants in milk and eggs, their health hazards.