



VIT

Vellore Institute of Technology

(Approved to be University under section 3 of U.G. Act, 1956)

School of Bio Sciences and Technology

Fall Semester 2024- 2025

Continuous Assessment Test – I

Programme Name & Branch : M.Sc Integrated Biotechnology

Course Name & code: Food Nutrition and Health (TBIT204L)

Class Number (s): 4127 ,5399

Slot : E1 +TE1

Faculty Name (s): Dr.V.Subhashree, Dr. Priyanka Sen

(Mention all the faculty names handling this subject for common course)

Exam Duration: 90 Min.

Maximum Marks: 50

General instruction(s): Answer all the questions

Q.No.	Question	Max Marks	CO	BL
1.	What are the dietary reference intakes? Define the categories of reference intake and values with examples.	10	4	1
2. a.	Calculate the energy provided by the nutrients present in fried rice. A bowl of fried rice contains 6 grams protein, 35 grams carbohydrates and 12 grams of fat. What percentage of energy in rice comes from each of the energy yielding nutrients?	6	4	3
2.b.	What are the importance of the following minerals for good health? A. Iron B. Calcium Zine	4	1	
3.	How is Vitamin D unique among the vitamins? What is its chief function? Mention the richest sources of this vitamin?	10	3	2
4.	Infer the health effects of starches and fibers? What are the dietary recommendations of these complex carbohydrates and their food sources?	10	2	4
5.	What is basal metabolic rate? Discuss the factors that affect the basal metabolic rate?	10	1	1