

Undergraduate 4th Semester (Honours) Examination, 2020-21

Subject: NUTRITION

Course ID: 42325

Course Code: SH/NUT/405/SEC-2

Course Title: Practical Approaches In Nutrition (Practical)

Full Marks: 30

Time: 2hrs.

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words

as far as practicable.

Answer all the questions

1. What is food label? Describe the needs of food label on pre-packaged foods. 2+6
2. What are nutrition claims? What are the different types of nutrition claims commonly observed on food labels? 1+3
3. What are HFSS foods? Prepare a nutrition label for a pre-packaged food from the supplied details below: 1+7

Net Weight: 150 gm		
Serving size: 3tablespoonful		
Serving per pack: gm		
Approximate Values	per 100gm	per serving
Energy (Kcal)	450	
Carbohydrates (g)	65	
Of which sugars (g)	12	
Fat (g)	15	
Protein (g)	17	
Sodium (mg)	540	

4. Viva voce.

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