



SLIATE

SRI LANKA INSTITUTE OF ADVANCED TECHNOLOGICAL EDUCATION

(Established in the Ministry of Higher Education, vide in Act No. 29 of 1995)

Higher National Diploma in Technology (Agriculture)

First Year, First Semester Examination – 2017

AG1108 – Food and Human Nutrition

Instructions for Candidates:

There are three (3) parts (I, II, III)

Answer all Questions in part I, II & III

No. of pages : 06

One (1) hour for part I & part II

No of questions: 07

Part I & II .Write the answers on the paper itself

Two(2) hours for part III

INDEX NUMBER:

Part I

Question 01 (Total 16 marks)

- 1) Which of the following is **NOT** a body monitoring the food safety and security?
 - i. World Food Programme
 - ii. Food and Agriculture Organization
 - iii. International Information Council
 - iv. World Resources Institute

 - 2) What is a deficiency symptom of lipids?
 - i. Headache
 - ii. Hair loss.
 - iii. Nausea and stomach pain
 - iv. Fainting

 - 3) What is an example for the chemical hazard found in the food?
 - i. *Taeniasolium*
 - ii. Glass
 - iii. Mycotoxin
 - iv. Plastic

 - 4) Which of the following is a deficiency symptoms of carbohydrates?
 - i. Increased sodium excretion
 - ii. Edema
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- iii. Weight loss
 - iv. Thinning or brittle hair, hair loss
- 5) Select an example for a food additive.
- i. Antioxidants
 - ii. Pesticide residues
 - iii. Veterinary drugs
 - iv. Water
- 6) Which of the followings is **NOT** a dimension of the absolute poverty?
- i. Low incomes
 - ii. Low levels of health and education
 - iii. Poor access to clean water and sanitation
 - iv. inadequate food security
- 7) Which of the following measurements is **NOT** taken during proximate analysis?
- i. Crude Fat/Ether Exact (EE)%
 - ii. Crude Fiber (CF) or unavailable carbohydrates%
 - iii. Nitrogen Free Extractives (NFE) or available carbohydrates%
 - iv. Vitamin content
- 8) What is a textural factor of food quality?
- i. Juiciness
 - ii. Size
 - iii. Shape
 - iv. Damages
- 9) What is the quality standard only taken for food industry?
- i. ISO 9000
 - ii. ISO 14000
 - iii. ISO 22000
 - iv. ISO 31000
- 10) Which of the following activity is related to water in Good Agricultural Practices (GAP)?
- i. Reduce soil compaction issues.
 - ii. Maintain soil structure, by limiting heavy tillage practices.
 - iii. Application of fertilizers at appropriate moments and in adequate doses.
 - iv. Restore or maintain wetlands.

11) What is the Recommended Dietary Allowances (RDA) needed for a human per day?

- i. 2200Kcal
- ii. 200Kcal
- iii. 220Kcal
- iv. 2800 Kcal

12) Which of the followings is NOT a factor affecting the food consumption pattern?

- i. Economic factors
- ii. Physical factor
- iii. Socio cultural factor
- iv. Demographic factor

13) Which of the following facts is clearly states the incidental adulterant?

- i. Larvae in foods
- ii. Water to milk
- iii. Mineral oil to edible oil
- iv. Harmful colours

14) Who is the chairman to the food advisory committee?

- i. Director general of ministry of health service
- ii. Assistant Director of ministry of health service
- iii. Director of ministry of health service
- iv. Medical Officer of Health Service

15) Which is NOT an adulterant used to adulterate milk?

- i. Water
- ii. Starch
- iii. Urea
- iv. Vanilla

16) What is the main role of the liver?

- i. Convert the glucose in to Glycogen
- ii. Break down protein
- iii. Store the extra protein
- iv. Store the fat **(01 Mark x 16= 16 Marks)**

Part II

Question 02 (Total 12 marks)

i. What are the impacts of consuming more calories? (03 marks)

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ii. Give four importances of the components of food? (04 marks)

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iii. Write5 addressing issues ofFood safety security monitoring body. (05 marks)

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Question 03 (Total 12 marks)

i. What is the meaning of “foodintoxication?” (02 marks)

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ii. Write **three** types of food adulterants and substances added in to the food? **(03 Marks)**

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iii. List **three** physical hazards in food samples. **(03 Marks)**

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Iv. Name **four** appearance factors of food samples. **(04 Marks)**

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Part III

Question 04 (Total 15 marks)

- i. Briefly explain the causes of food -born illness. (6 marks)
- ii. Clearly explain the effects of poverty. (9marks)

Question 05 (Total 15 marks)

- i. Briefly explain the methods that are used to prevent food allergies? (3 marks)
- ii. Clearly discuss the common protein deficiency symptoms of humans. (12 marks)

Question 06 (Total 15 marks)

- i. Briefly discuss the reasons for food adulteration in Sri Lanka? (5 marks)
- ii. Clearly explain the Functions of Sri Lanka Standard Institution. (10 marks)

Question 07 (Total 15 marks)

- i. Write short notes on the following topics.
 - a. Important food and nutritional intervention programs (5 marks)
 - b. Texture evaluation lab methods of food samples (5 marks)
 - c. Determination of moisture content in a food sample (5 marks)