1. Explain the following briefly:  
   
   (i) Health  
   (ii) Phytochemicals  
   (iii) Disaccharides  
   (iv) Essential fatty acids  
   (v) BMR.

2. Describe the functions of the following nutrients:
   
   (i) Vitamin C
(ii) Lipids

(iii) Iron.

3. Describe the disorders arising due to lack and/or excess of the following: $3 \times 5 = 15$

(i) Vitamin D

(ii) Zinc

(iii) Vitamin A.

4. (a) Describe the functions of food. 8

(b) Explain in detail the digestion of carbohydrates in the human body. 7

5. (a) Discuss the significance of iodisation of salt as a strategy for prevention of IDD. 5

(b) What are the specific considerations you would keep in mind while planning a meal for an elderly person? 5

(c) What is microwave cooking? List some precautions you need to take while using a microwave oven. 5

6. Differentiate between the following: $3 \times 5 = 15$

(i) Kwashiorkor and Marasmus

(ii) Grilling and Baking

(iii) Digestible and indigestible carbohydrates.
7. Write short notes on any three of the following:

(i) FSSAI guidelines of Nutrition Labelling

(ii) Food Pyramid

(iii) Prevention of Cardiovascular Diseases

(iv) Factors affecting absorption of minerals.