



The Open University of Sri Lanka
Faculty of Engineering Technology
Bachelor of Industrial Studies and Technology Programmes
Final Examination- 2013/2014
AEX4231 Food and Nutrition

Date : 11.08.2014
Time : 0930-1230
Duration : Three (03) hours

SECTION 2: Answer any four (04) questions.

1. (a) What are the criteria that should be considered in classifying carbohydrates?
(b) Explain how malnutrition could affect the economic development of a country.
2. (a) Discuss the importance of having protein supplement in your daily diet.
(b) Briefly describe the principal behind one of the qualitative tests which are used to identify proteins.
3. (a) Draw and label the alimentary canal of human.
(b) Explain the fate of a piece of cake in human body from ingestion to the excretion.
4. (a) What is meant by sustainable food system?
(b) Discuss the major components that are needed to be considered in developing a food policy for a country.
5. Write short notes on three (03) of the following topics.
 - a) Protein structure
 - b) Importance of vitamins as a nutrient
 - c) Importance of potassium (K) as a mineral element in nutrition
 - d) factors to be considered in diet planning
6. "Coconut fats are **not as bad** as other saturated fats **for health**". Critically evaluate the statement.