

PARUL UNIVERSITY
PARUL INSTITUTE OF APPLIED SCIENCES
MID SEMESTER INTERNAL EXAMINATION, SEPTEMBER 2019
B. Sc. -Semester 2

Subject: Nutrition and Dietetics

Paper Code: 11109162

Title of the paper: Food labeling and consumer awareness

Date:066/03/20

Time:10:30am

Maximum Marks: 40

Instructions:

- 1. All questions are compulsory and options are given in first and second question only.**
- 2. Numbers to the right of question indicate the marks of respective question.**

Q. 1	Attempt any one question of the following. (i) Write a short note on labeling requirement. (ii) Write a short note on date marking.	(08)
Q. 2	Attempt any three questions of the following. (i) Give any four points on general requirement of prepackaged foods. (ii) What are the specifications to be followed during labeling of fat as nutrient? (iii) What are the quick tips to make healthy food selection. (iv)	(12)
Q. 3	Do as directed. Attempt all five questions. (i) Define “Best before Date”. (ii) Give the full form of HFSS and define it. (iii) What is NFP? (iv) What are health claims? Give its importance.	(05)
Q. 4	Write correct option in your answer sheet for following 15 multiple choice questions.	(15)

MCQ 1	If the product contains non-veg logo which of the following should not be there in label.		
	(A) Milk	(B) Gelatin	
	(C) Cheese	(D) Butter	
MCQ 2	Trans fat free/ zero trans fat is a		
	(A) Health claim	(B) Nutrition claim	
	(C) Allergen information	(D) None of the above	
MCQ 3	Yellow in the color coded NFP indicates		
	(A) To be avoided	(B) Take liberally	
	(C) Take adequately	(D) To be limited	
MCQ 4	What is another name for MSG		
	(A) Textured protein	(B) Soy sauce	
	(C) Mollases	(D) None of the above	
MCQ 5	e-commerce means		
	(A) Selling of goods over digital media	(B) Buying of goods over digital media	

	(C)	Both A and B	(D)	None of the above
MCQ 6	What is the class for interesterified vegetable fat			
	(A)	Edible vegetable oil	(B)	Edible vegetable fat
	(C)	Edible oil	(D)	None of the above
MCQ 7	1 KJ=-----Kcal			
	(A)	10	(B)	4.2
	(C)	5.8	(D)	12
MCQ 8	If the label claims a product to have 'good for bones' then calcium content should be according to % DV			
	(A)	>20	(B)	>30
	(C)	>50	(D)	20-30
MCQ 9	Fat in labeling means -----			
	(A)	Total lipids including SAFA, MUFA, PUFA and trans-fat	(B)	Only SAFA, MUFA and PUFA
	(C)	Only trans-fat	(D)	All of the above
MCQ 10	-----is the allergen ingredient in product			
	(A)	Trans fat	(B)	Eggs
	(C)	Gluten	(D)	Both B and C
MCQ 11	In case of imported food products the importer shall display -----logo and license number.			
	(A)	FSSAI	(B)	AGMARK
	(C)	HACCP	(D)	None of the above
MCQ 12	If products are lower in saturated fat, sodium, sugar and higher in dietary fiber and calcium then the manufacturer can use following symbol.			
	(A)	Smart Choice	(B)	ISO
	(C)	Healthy choice	(D)	AGMARK
MCQ 13	Which of the following should be declared on the front of pack			
	(A)	Name of food	(B)	Declaration regarding Veg and non-veg
	(C)	Per serving contribution of nutrients	(D)	None of the above
MCQ 14	If two or more food additives are present in the package their names shall be listed in			
	(A)	Ascending order	(B)	Descending order
	(C)	Both A and B	(D)	None of the above
MCQ 15	Which one of the following is another name for fat			
	(A)	Edible vegetable oil	(B)	Olestra
	(C)	Margarine	(D)	All of the above

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