

Name:

Enrolment No:




UNIVERSITY OF PETROLEUM AND ENERGY STUDIES
End Semester Examination, May 2022


Course: Nutrition Labeling
Program: B.Sc. – FN & D
Course Code: HSFN3006P

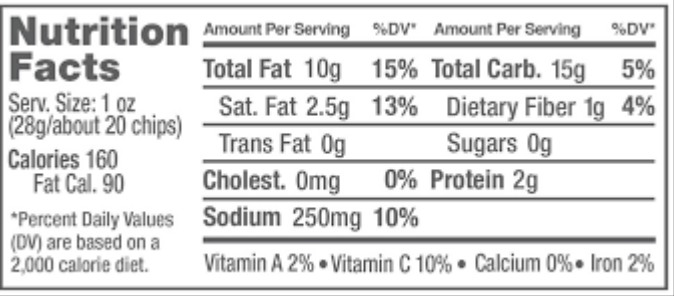

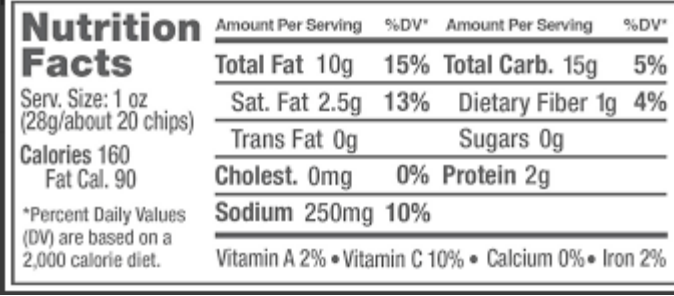
Semester: VI
Time: 03 hrs.
Max. Marks: 100

Instructions: Read question carefully.

SECTION A

S. No.	MCQ's /Fill in the blanks/ T&F (1.5 marks each)	30 Marks	CO
1	 <p>The main ingredient in this product is – A) Salt B) Corn oil C) Corn D) Preservatives</p>	1.5	CO1
2	<p>In a nutrition label DV for an ingredient is 5% or less. This is regarded as low value for that ingredient in that product. A) True B) False</p>	1.5	CO1
3	<p>Where is the Serving Size located? A) Right at the top B) On the bottom C) In the middle D) It's not on the label</p>	1.5	CO1

4	<table border="1"> <tr><td>Total Fat 9g</td><td>12%</td></tr> <tr><td>Saturated Fat 4.5g</td><td>23%</td></tr> <tr><td>Trans Fat 0g</td><td></td></tr> <tr><td>Cholesterol 35mg</td><td>12%</td></tr> <tr><td>Sodium 850mg</td><td>37%</td></tr> <tr><td>Total Carbohydrate 34g</td><td>12%</td></tr> <tr><td>Dietary Fiber 4g</td><td>14%</td></tr> <tr><td>Total Sugars 6g</td><td></td></tr> <tr><td>Includes 0g Added Sugars</td><td>0%</td></tr> <tr><td>Protein 15g</td><td></td></tr> <tr><td colspan="2">Vitamin D 0mcg 0%</td></tr> <tr><td>Calcium 320mg</td><td>25%</td></tr> <tr><td>Iron 1.6mg</td><td>8%</td></tr> <tr><td>Potassium 510mg</td><td>10%</td></tr> </table>	Total Fat 9g	12%	Saturated Fat 4.5g	23%	Trans Fat 0g		Cholesterol 35mg	12%	Sodium 850mg	37%	Total Carbohydrate 34g	12%	Dietary Fiber 4g	14%	Total Sugars 6g		Includes 0g Added Sugars	0%	Protein 15g		Vitamin D 0mcg 0%		Calcium 320mg	25%	Iron 1.6mg	8%	Potassium 510mg	10%	<p>The DV of Sodium in this product is high or low?</p> <p>A) True B) False</p>	1.5	CO1
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5	<p>What information must be listed on a food label?</p> <p>A) Ingredient list B) Calories per serving C) Serving size D) All of these answers</p>	1.5	CO1																													
6	<p>People with high blood pressure should look for following ingredients in a food label:</p> <p>A) Sodium B) Potassium C) Sugar D) Calories</p>	1.5	CO1																													
7	<p>What is true about serving sizes?</p> <p>A) They must be listed in commonly understood portions (cups, grams, pieces) B) They only need to be listed if there is more than one serving per container</p>	1.5	CO1																													
8	<p>Ingredients are listed on the food label from least amount to the greatest amount in terms of weight.</p> <p>A) True B) False</p>	1.5	CO1																													
9		<p>Based on the label, if you ate 32 chips, how much cholesterol would you consume?</p> <p>A) 0 B) 10 C) 50 D) 120</p>	1.5	CO1																												

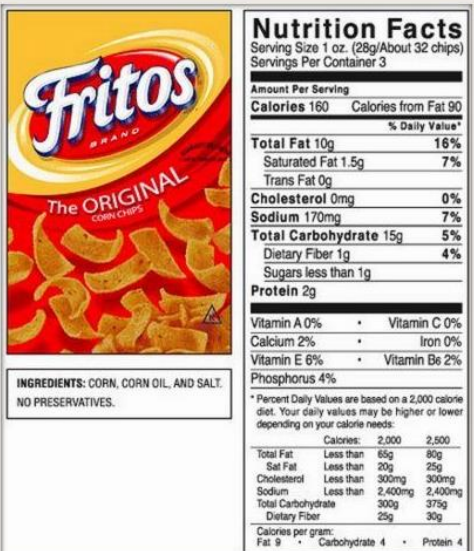
10	 <p>Nutrition Facts Amount Per Serving %DV* Amount Per Serving %DV* Total Fat 10g 15% Total Carb. 15g 5% Serv. Size: 1 oz (28g/about 20 chips) Sat. Fat 2.5g 13% Dietary Fiber 1g 4% Calories 160 Trans Fat 0g Sugars 0g Fat Cal. 90 Cholest. 0mg 0% Protein 2g *Percent Daily Values (DV) are based on a 2,000 calorie diet. Sodium 250mg 10% Vitamin A 2% • Vitamin C 10% • Calcium 0% • Iron 2%</p>	<p>How much sodium is in one serving of chips? A) 0 milligram B) 250 milligram C) 2.5 milligram D) 10 grams</p>	1.5	CO3
11	 <p>Nutrition Facts Serving Size 1 Pastry (50g) Servings Per Container 8 Amount Per Serving Calories from Fat 60 Calories 210 % Daily Value* Total Fat 7g 11% Saturated Fat 2.5g 13% Trans Fat 0g Polyunsaturated Fat 2.5g Monounsaturated Fat 1.5g Cholesterol 0mg 0% Sodium 170mg 7% Total Carbohydrate 35g 12% Dietary Fiber less than 1g 3% Sugars 15g Protein 2g Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 10% Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B6 10% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: 7,000 2,500</p>	<p>How many grams of sugar in one poptart? A) 170 B) 34 C) 15 D) Less than 2%</p>	1.5	CO3
12	 <p>Nutrition Facts Amount Per Serving %DV* Amount Per Serving %DV* Total Fat 10g 15% Total Carb. 15g 5% Serv. Size: 1 oz (28g/about 20 chips) Sat. Fat 2.5g 13% Dietary Fiber 1g 4% Calories 160 Trans Fat 0g Sugars 0g Fat Cal. 90 Cholest. 0mg 0% Protein 2g *Percent Daily Values (DV) are based on a 2,000 calorie diet. Sodium 250mg 10% Vitamin A 2% • Vitamin C 10% • Calcium 0% • Iron 2%</p> <p>Based on the label, how many chips are in 1 serving of this bag of potato chips? A) 20 chips B) 28 chips C) 160 chips D) 90 chips</p>		1.5	CO4
13	<p>Manufactures who sell any article of food himself or a petty retailer, hawker, itinerant vendor or temporary stall holder are known as: A) Vendor B) Petty food manufacturer C) None of the above</p>	1.5	CO1	
14	<p>According to FSSAI, food grains shall be free from Argemone, _____ and _____ in any form</p>	1.5	CO4	
15	<p>The degree of penalty for mishandling food manufacturing according to FSSAI ranges from A) 10,000 to 50,000 INR B) 50,000 to 100,000 INR C) 100,000 to 10,00,000 INR D) None of the above</p>	1.5	CO3	

16	According to Notwithstanding the provisions of 2.7 of labelling and packaging regulations no person shall either by himself or by any servant or agent sell: A) Cream which has not been prepared exclusively from milk or which contains less than 25 per cent. of milk fat B) Milk which contains any added water C) Ghee which contains any added matter not exclusively derived from milk fat D) All of the above	1.5	CO1
17	The regulation that prohibits food business to restrain using the words/phrases such as natural, fresh, original, traditional, authentic, genuine, real etc. on the food labels except under specific conditions detailed therein is called _____ regulation 2018	1.5	CO2
18	Date of manufacture” means: A) The date on which the food manufactures B) The date on which the food becomes the product C) None of the above	1.5	CO2
19	Package containing two or more individually packages or labelled pieces of the same the same commodity of identical quantity, intended for retail either in individual pieces or packages as a whole: A) Double-layered packaging B) Multipiece packaging C) None of the above	1.5	CO4
20	“food for special medical purpose” means food intended for - A) Particular dietary use specially processed or formulated B) The dietary management of persons and used only under medical advice C) The exclusive or partial feeding of persons with a limited, impaired or disturbed capacity to take, digest, absorb, metabolize or excrete ordinary foodstuffs or certain nutrients contained therein or metabolite D) All of the above	1.5	CO3
SECTION B (5 marks each question)			
Q	Short Answer Type Question (5 marks each) Scan and Upload 4 questions 5 marks. Word limit (100-120)	20 Marks	CO
1	Write the function of central advisory committee in FSSAI	5	CO5

2	Define irradiation, irradiation facility, and irradiated foods	2+2+1	CO2
3	Name 5 contaminants and common foods they are found in	5	CO2
4	Name 5 additives that are prohibited from mixing according to Prohibition and Restriction of Sales Regulation, 2011	5	CO3

SECTION C 30 marks

Q	Two case studies 15 marks each subsections	30 Marks	CO
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1	 <p>The image shows a Fritos nutrition facts label. On the left is a picture of a Fritos bag with the text 'Fritos BRAND The ORIGINAL CORN CHIPS'. Below the picture are the ingredients: 'INGREDIENTS: CORN, CORN OIL, AND SALT. NO PRESERVATIVES.' To the right is the 'Nutrition Facts' panel. It lists: Serving Size 1 oz. (28g/About 32 chips), Servings Per Container 3, Amount Per Serving, Calories 160, Calories from Fat 90, Total Fat 10g (16%), Saturated Fat 1.5g (7%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 170mg (7%), Total Carbohydrate 15g (5%), Dietary Fiber 1g (4%), Sugars less than 1g, Protein 2g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 0%, Vitamin E 6%, Vitamin B6 2%, Phosphorus 4%. A note at the bottom states: '* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500; Total Fat: Less than 65g 80g; Sat Fat: Less than 20g 25g; Cholesterol: Less than 300mg 300mg; Sodium: Less than 2,400mg 2,400mg; Total Carbohydrate: 300g 375g; Dietary Fiber: 25g 30g; Calories per gram: Fat 9, Carbohydrate 4, Protein 4'.</p>	Observe the nutrition labeling carefully and answer the following – A) What's the main ingredient? B) Is this food healthy based on % daily value of each ingredient? C) If a person with hypertension is eating 1500 Kcal/day, will you prescribe this to him/her? Justify your answer D) Can this label claim 'original' tag? If not why? Explain taking FSSAI regulation into consideration.	2+3+3+7	CO2
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2	<p>A) You are assessing presence of contaminants in a fruit juice. Name 5 metals would you look as potential contaminants? What are the threshold values for these in beverages?</p> <p>B) A vendor came to you to check if he/she has done packaging correctly according to FSSAI standard. Explain 5 parameters that you will check.</p>	5+5+5	CO3
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SECTION D 20 marks

Q	Long Answer type Questions Scan and Upload (10 marks each) Word limit 200-250	20 Marks	CO
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1	Define refined vegetable oils, toned milk, and standardized milk according to FSSAI standard definition	3+4+3	CO1
2	<p>A) Define and specify different types of cheese as per FSSAI standards</p> <p>B) Write the labeling requirement of every product which is sold as 'Health Supplement'.</p>	5+5	CO2