



Department of Nutrition and Food Engineering
 Faculty of Health and Life Sciences
 BSc. in Nutrition and Food Engineering
 Midterm Examination Summer 2026

Course Code: 0711-1101

Course Title: Introduction to Food Science and Technology

Level and Term: L-1, T-1

Section: 262 All

Course Teacher Initials: DBH, DSA, MFP, DAI,
DSAM, RFI, GMS

Time: 1 Hour 30 Minutes

Total Marks: 25

“Maintaining the order of the questions is highly appreciated”

			Marks
1.	(a) Define Food Science and Food Engineering.	[CLO1, PLO1, C1]	2
	(b) Explain the concept of food security and describe the key measures to improve it.	[CLO1, PLO1, C2]	3
2.	(a) Prepare a one-day balanced meal plan using foods from all three functional groups. Name the foods and state their function.	[CLO1, PLO1, C3]	2
	(b) Describe the different classes of food based on perishability with examples.	[CLO1, PLO1, C3]	3
3.	(a) As a nutritionist, you need to plan a one-day high-energy diet for an athlete. Using carbohydrate classifications, choose the right foods.	[CLO1, PLO1, C3]	2
	(b) Apply your knowledge of lipid chemistry to classify fatty acids.	[CLO1, PLO1, C3]	3
4.	(a) Analyze the defects that can occur due to 1-2% of excess moisture.	[CLO1, PLO1, C2]	2
	(b) What are minerals? List important minerals along with their functions and food sources.	[CLO1, PLO1, C1]	3
5.	(a) What is food spoilage? Examine why food spoils and explain how different factors contribute to it.	[CLO2, PLO1, C4]	2
	(b) Analyze the underlying principles of food preservation and categorize the major industrial preservation techniques according to their mechanism of action.	[CLO2, PLO1, C4]	3