

**BMS 3160ASSIGNMENT 1**  
Due Two weeks from 26 March 2021

1. Discuss if any, key variances between monosaccharides, disaccharides, and polysaccharides found foods with examples
2. Explain how a specific food processing method can positively or negatively impact the nutritional profile of foods.
3. Deliberate in detail, why it is acclaimed those eating abundant foods that are low on the Glycemic Index to avert or could be useful in the management of Diabetes
4. The inhibition of microbial growth is one of the philosophies of food preservation. Discuss four parameters that one can use to slow down or inhibit the growth of microorganisms
5. Discuss the merits of Nutrition information and food labelling in the context of comprehending the fundamental principles of nutrition and nutritional requirements of human beings.

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