Assignment 2

Due date: 2014-08-21, 21:58 IST

Objective:

1. Write a short essay on the topic of your choice related to food science. (2 points)

2. Discuss the health benefits of consuming fruits and vegetables. (2 points)

3. Explain the chemical composition of a particular food item and its impact on human health. (2 points)

4. Analyze the nutritional value of a recipe and propose healthier alternatives. (2 points)

5. Research and write about the role of food in cultural traditions around the world. (2 points)

Instructions:

- Submit your essay as a Word or PDF document via the course website.
- All submissions must be original work and meet the required length guidelines.
- Cite any sources used in your work.
- Late submissions will be penalized.

Good luck!