

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR 2015-2016

COURSE : Diploma in Food Production
SUBJECT : Hygiene & Nutrition
TIME ALLOWED : 03 Hours MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

- Q.1. Define calorie. What are the various factors that affect the calorie requirement of an individual? (10)
- Q.2. Explain with a neat diagram the operating procedure of dishwashing machine. (10)
- Q.3. Classify carbohydrates and discuss its functions and food sources. (10)
- Q.4. Outline the various methods of solid waste disposal. (10)
- Q.5. Answer briefly:
(a) Dietary fibre
(b) Complete protein
(c) Essential fatty acid
(d) Aims of first aid
(e) Importance of pest control (5x2=10)
- Q.6. Write short notes (**any five**):
(a) Balanced diet
(b) Municipal health laws
(c) Burns and its first aid
(d) Dietary guidelines for sports person
(e) Functions of Vit. A
(f) Food contamination (5x4=20)

Q.7. Differentiate between:

- (a) Beri Beri and Angular stomatitis
- (b) Rickets and osteomalacia
- (c) Dry food store and freezer store
- (d) Food poisoning and food infection
- (e) Rodents and cockroaches

(5x2=10)

Q.8. Match the following:

- | | |
|--------------------|------------------------------------|
| (a) Monosaccharide | (i) Vit. B ₂ deficiency |
| (b) Pellagra | (ii) Hydrogenation |
| (c) Fat | (iii) Carbohydrate |
| (d) Kwashiorkor | (iv) Protein deficiency |
| (e) Glossitis | (v) Niacin deficiency |

(5x1=5)

Q.9. Give full forms of the following:

- (a) FIFO (b) EAA (c) MUFA (d) ILT's (e) MSG

(5x1=5)

Q.10. Fill in the blanks:

- (a) Vit B₁₂ is commonly known as _____.
- (b) Short chain starch molecules are called _____.
- (c) _____ is a condition of decrease serum calcium level.
- (d) _____ is an ecofriendly pest management system.
- (e) Storage form of carbohydrate in animals is _____.
- (f) Calcium absorption is dependent on _____.
- (g) The bond which unites the two amino acids is called _____.
- (h) Liquid oils can be converted to solid fat by a process called _____.
- (i) High blood sugar is also known as _____.
- (j) Essential nutrient for infant growth _____.

(10x1=10)
