

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR 2014-2015

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. Answer the following in 2-3 lines:

- | | |
|--------------------|----------------------------|
| (a) Health | (b) Scurvy |
| (c) Calorie | (d) Water soluble vitamins |
| (e) Burn | (f) Nutrition |
| (g) Balance diet | (h) Cellulose |
| (i) Food groups | (j) Arsenic poisoning |
| (k) Monosaccharide | (l) Amino acids |
| (m) Kwashiorkor | (n) Food infection |

(14x2=28)

Q.2. Explain the following (**any six**):

- (a) Function of lipid in the human body
- (b) Night blindness
- (c) Three sink method of dishwashing
- (d) Pest control
- (e) Importance of personal hygiene
- (f) RDA
- (g) Sources of vitamin D

(6x5=30)

Q.3. Answer the following (**any four**):

- (a) Classify carbohydrates. Give the function and sources of carbohydrates. What happens when our body has excess of carbohydrates?
- (b) Mention the golden rules of first aid and steps to treat cuts and wounds.
- (c) Briefly outline the various ways in which garbage can be disposed off.
- (d) Explain the function of food.
- (e) What are general guidelines for food storage? State temperature to store fish, poultry, eggs and milk.

(4x7=28)

Q.4. Fill in the blanks:

- (a) Lack of safety causes _____.
- (b) Fibers are present in fruits and _____.
- (c) Jaggery is a good source of _____.
- (d) Water soluble vitamins are _____ and _____.
- (e) Common table sugar is _____.
- (f) Prevention of Food Adulterants Act was laid in the year _____.
- (g) 1 gm. of fat provides _____ K cal.

(7x1=7)

Q.5. State True or False:

- (a) Incineration is a method of garbage disposal.
- (b) Rickets is caused due to deficiency of vitamin E.
- (c) Fructose is also known as fruit sugar.
- (d) Hands are infected after they are washed.
- (e) Maltose is a monosaccharide.
- (f) Food is a source of nutrient.
- (g) RDA stands for _____.

(7x1=7)
