

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2013-2014

COURSE : 1st Semester of 3-year B.Sc. in H&HA
SUBJECT : Nutrition
TIME ALLOWED : 03 Hours MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

Q.1. How would you classify carbohydrates? Explain giving examples of each. What are effects of deficiency and excess of carbohydrates in diet?

OR

Define and classify proteins. Suggest methods to improve their quality. (10)

Q.2. Define the term cholesterol. Give the sources and functions of cholesterol. Why they need to be maintained?

OR

How water balance is maintained in the body? Give the functions of water. (10)

Q.3. Define the terms fats and fatty acids. Explain the types of fatty acids and give the functions of fats. (10)

OR

Define the following terms:

(a) Nutrition (b) Health (c) Malnutrition
(d) Obesity (e) SDA (5x2=10)

Q.4. What is BMR and explain the factors affecting it.

OR

What are fibres? Give their significance in the diet alongwith dietary sources. (10)

Q.5. Classify vitamins and explain the functions and sources of Vitamin D and C. (10)

Q.6. What are nutrients? Classify them. (10)

- Q.7. What is balanced diet? Classify foods into various groups. (10)
- Q.8. Explain the concept of RDA and the factors that influence it. (10)
- Q.9. (a) Name the conditions that lead to obesity.
(b) Explain factors affecting meal plan. (5+5=10)
- Q.10. Fill in the blanks:
- (a) Protein requirement of adults is _____ gm/kg of body weight (1/3/7).
 - (b) Loss of water and electrolyte leads to _____ (Dehydration/ Rehydration/Obesity).
 - (c) _____ are the building blocks of proteins (Fatty acids/Amino acids/ Glucose).
 - (d) Night blindness is caused by deficiency of _____ (Vit. B/ E/ A).
 - (e) Niacin deficiency causes _____ (Beri- Beri/ Scurvy/ Pellagra).
 - (f) Each gramme of fat supplies _____ Kcal (4/6/9).
 - (g) Simple lipids are _____ and _____ (Fats & oils/Amino acids & Proteins/ MUFA & PUFA).
 - (h) _____ sugar is found in milk (Maltose/ Fructose/Lactose).
 - (i) Iodine deficiency leads to _____ (Rickets/Goitre/Anaemia).
 - (j) _____ is called the reference protein (Meat/Milk/ Egg).
- (10x1=10)
