

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2017-2018

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. Explain BMR and enlist factor affecting individual BMR.
OR
Discuss the Physiological and Psychological and Social functions of food. (10)
- Q.2. Energy balance is important for healthy living. Discuss.
OR
Enlist various functions of water in maintaining good health. (10)
- Q.3. How would you classify carbohydrates? Explain giving examples of each.
OR
Discuss the functions of dietary fibers with example and sources. (10)
- Q.4. Classify vitamins and enumerate the functions of vitamin A in body alongwith its important sources.
OR
Discuss cholesterol in our body. What are the various functions of body fats? (10)
- Q.5. Explain briefly the following:
(a) Ways to improve quality of protein
(b) Factors influencing menu planning (5+5=10)
- Q.6. What is balance diet? Classify food into various groups. (10)

Q.7. What are common mistakes done while processing and cooking bulk food? (10)

Q.8. Critically evaluate fast foods. (10)

Q.9. Define the following:
 (a) SDA
 (b) Health
 (c) Malnutrition
 (d) Obesity
 (e) Monosaccharides (5x2=10)

Q.10. **A** State whether True or False:
 (i) Pectin is soluble in water.
 (ii) Fibres help in increasing blood cholesterol.
 (iii) The basic units from which proteins are built are the amino acids.
 (iv) Night blindness is caused by deficiency of Vitamin .
 (v) Distress eating results in obesity.

B Fill in the blanks:
 (i) Energy is measured in _____ (Kcal/Joules).
 (ii) _____ is found in honey (Lactose/Fructose/Maltose).
 (iii) Vitamin D is gained from _____ (Air/Water/Sun).
 (iv) Each gram of carbohydrates provides _____ kcal. (10/15/20).
 (v) The only sugar required by brain is _____ (Glucose/Sucrose/Maltose). (5+5=10)
