

NATIONAL COUNCIL FOR HOTEL MANAGEMENT AND CATERING TECHNOLOGY, NOIDA  
**ACADEMIC YEAR - 2019-2020**

COURSE : 1<sup>st</sup> 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. Discuss the various functions of food. (10)
- Q.2. A non-vegetarian meal provides 20 gm. protein, 20 gm. fat and 120 gm. of carbohydrates. Calculate the calories provided by this meal:  
**Sources of Energy:**  
 Protein - 4 Kcal / gm.  
 Carbohydrates - 4 Kcal / gm.  
 Fats - 9 Kcal / gm.
- Calculate the BMI (Body Mass Index) of a man weighing 65 kg. having height 155 cm. Specify and discuss on the obesity of the man. (5+5=10)
- OR**
- Q.3. Define BMR and list the factors affecting BMR. (10)
- Q.3. What are the various functions of carbohydrates in our body?  
**OR**
- Q.4. What is the function of protein in our body? How can the quality of protein be improved in food? (10)
- Q.4. Classify vitamins and enumerate the functions of Vitamin A in the body alongwith its important source.  
**OR**
- Q.4. List the general functions of minerals in our body. (10)
- Q.5. Explain the role of water in maintaining the water balance of the body. (10)
- Q.6. What is balanced diet? Classify food into various groups. (10)
- Q.7. What measures should be taken in mass food production to retain maximum nutritive value of food?  
**OR**
- Q.8. List **ten** popular items on a typical Indian restaurant menu, which are suitable for a diabetic individual. (10)
- Q.8. List the various categories of convenience foods giving suitable example for each category. (10)
- Q.9. **A** Match the following:
- |               |               |
|---------------|---------------|
| (i) Beri-Beri | (a) Vitain C  |
| (ii) Anaemia  | (b) Iodine    |
| (iii) Goitre  | (c) Vitamin D |
| (iv) Scurvy   | (d) Iron      |
| (v) Rickets   | (e) Vitamin B |
- B** Define the following terms:
- |              |                   |
|--------------|-------------------|
| (i) SDA      | (ii) Malnutrition |
| (iii) Health | (iv) RDA          |
| (v) Thawing  |                   |
- (5+5=10)
- Q.10. Fill in the blanks:
- (a) Energy is measured in \_\_\_\_\_.
- (b) Vitamin D is gained from \_\_\_\_\_.
- (c) The only sugar required by brain is \_\_\_\_\_.
- (d) \_\_\_\_\_ is a disease caused by deficiency of Vitamin A.
- (e) Excessive loss of water results in \_\_\_\_\_ while accumulation of water in extracellular space is called \_\_\_\_\_.
- (f) The basic building blocks of proteins are called \_\_\_\_\_.
- (g) Loss of appetite due to psychological disturbance is called \_\_\_\_\_.
- (h) Feeling of satisfaction and fullness and not feeling hungry till the next meal is called \_\_\_\_\_.
- (i) \_\_\_\_\_ is a disease caused by deficiency of calcium in children. (10x1=10)

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