

ROLL No.....

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

COURSE : Diploma in Food Production
SUBJECT : Nutrition
TIME ALLOWED : 02 Hours MAX. MARKS: 50

(Marks allotted to each question are given in brackets)

- Q.1. What are macronutrients? Briefly explain each category.
OR
What are proteins? Why are proteins essential for humans? (5)
- Q.2. Define food and nutrition. Discuss relation of food and health.
OR
Explain physiological, psychological and social importance of food. (5)
- Q.3. Define carbohydrates. Discuss its functions and sources. (5)
- Q.4. Explain micronutrients with their functions and sources. (5)
- Q.5. What is menu planning? Discuss factors affecting menu planning.
OR
Plan a menu for a heart patient. (5)
- Q.6. What do you mean by conserving nutrients? (5)
- Q.7. Write short notes on **any two**:
(a) Proteins (b) Fat
(c) Minerals (d) Vitamins (2x2 1/2 =5)

Q.8. Explain in 2 or 3 lines (**any five**):

- (a) Hypertension
- (b) Obesity
- (c) Dietary guidelines for sports person
- (d) Food storage
- (e) RDA
- (f) Balanced diet

(5x1=5)

Q.9. Match the following:

- | | |
|--------------------|---------------------------|
| (a) Vitamin D | (i) Essential amino acids |
| (b) Albumin | (ii) Rickets |
| (c) Methionine | (iii) Deficiency of iron |
| (d) Kilocalories | (iv) Proteins |
| (e) Anemia | (v) Energy value (unit) |
| (f) EFA | (vi) Vitamin B |
| (g) Beri Beri | (vii) Soyabean oil |
| (h) Blood clotting | (viii) Spinach |
| (i) Scurvy | (ix) Vitamin D |
| (j) Iron | (x) Vitamin C |

(10x1=10)
