

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2018-2019

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. While preparing food in hotels, where do we find the major nutrient losses occurring? Suggest ways to avoid these losses.

OR

Why do the nutritional requirements differ throughout our lifespan?

(10)

Q.2. Classify carbohydrates and explain the harmful effects of excess carbohydrates in our body.

(10)

Q.3. Give reasons for the following:

- (a) Vitamins and minerals must be consumed even though they do not give us energy.
- (b) Ketosis occurs due to deficiency of carbohydrates in the body.
- (c) Insulin is an useful hormone for regulation.
- (d) A menu can also be used as a marketing tool.
- (e) A bomb calorimeter is an essential equipment.

(5x2=10)

Q.4. (a) Describe **any five** latest nutritional food products launched in the market.
(b) Explain the importance of water in our body and how it cannot be substituted.

OR

- (a) List out **five** factors to be kept in mind in menu planning.
- (b) Plan a full day's nutritional diet for a child who belong to a middle class family and is a non-vegetarian.

(5+5=10)

Q.5. Explain the importance of cholesterol in our diet. What are the various ways by which we can maintain our cholesterol levels?

(5+5=10)

Q.6. Differentiate between the following (**any four**):

- (a) Intracellular and extracellular fluid.
- (b) Essential and non-essential amino acids.
- (c) Complex and simple carbohydrates.
- (d) Sedentary work and heavy work.
- (e) Vitamin B1 and B2.
- (f) Vitamin A & D

(4x2 ½ =10)

Q.7. How does the deficiency of protein harm our body? List the richest dietary sources of protein in our diet.

OR

What are the various signs we see in our body which tells us that we are suffering from a deficiency of Vitamins and minerals? Give **five** examples of these conditions and suggest ways to improve it.

(5+5=10)

Q.8. Define **any four**:

- (a) BMR (b) Ketone bodies (c) Glycogen (d) Scurvy (e) Enzymes

(4x2 ½ =10)

Q.9. Match the following:

	A		B		C
01	Calcium	01	Electrolyte balance	01	Anaemia
02	Iron	02	Calories	02	Mucular cramps
03	Bulimia	03	Bone formation	03	Carbohydrates
04	Sodium	04	Psychological food disorder	04	Binging on food
05	Energy	05	Formation of haemoglobin	05	Osteoporosis

(5x2=10)

Q.10. State True or False:

- (a) Potato chips are a healthy way to eat potato.
- (b) Snacks are an important part of a healthy diet for active children.
- (c) Fruit juice is a healthy alternative to eating a piece of fruit.
- (d) Thirst is a good indicator of dehydration.
- (e) Artificially sweetened drinks are safe for teeth.
- (f) Dried fruits are not as healthy a choice as fresh fruit.
- (g) Primary school children need atleast eight glasses of water each day.
- (h) Primary school children need to drink regular whole milk.
- (i) Foods such as broccoli and almonds are a good source of calcium in the diet.
- (j) Eggs raise cholesterol levels.

(10x1=10)
