

NATIONAL COUNCIL FOR HOTEL MANAGEMENT  
AND CATERING TECHNOLOGY, NOIDA  
**ACADEMIC YEAR 2016-2017**

COURSE : Diploma in Food Production  
SUBJECT : Hygiene & Nutrition  
TIME ALLOWED : 03 Hours  
MAX. MARKS: 100

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(Marks allotted to each question are given in brackets)

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Q.1. Explain the following (**any five**):

- (a) Various types of dishwashing methods.
- (b) Different methods of waste disposal.
- (c) Functions of carbohydrates.
- (d) Functions of proteins.
- (e) Personal hygiene practices to be followed by food handlers.
- (f) Points to be kept in mind, while storing food.
- (g) First-aid treatment for burns and scalds.
- (h) Functions of fat.
- (i) Dietary requirements of diabetic person and sportsman.

(5x8=40)

Q.2. Answer the following (**any four**):

- (a) Role of HACCP in food industry.
- (b) Control of cockroaches and flies.
- (c) Contents of first-aid-box.
- (d) Functions of food.
- (e) Role of dietary fibres.
- (f) Function of iron and its food sources.

(5x4=20)

Q.3. Write briefly in 2-3 line on the following (**any ten**):

- |                |                    |                 |
|----------------|--------------------|-----------------|
| (a) Calorie    | (b) Danger zone    | (c) RDA         |
| (d) CPR        | (e) Blast freezing | (f) Rickets     |
| (g) Nutrition  | (h) Balanced diet  | (i) W.H.O.      |
| (j) Sanitising | (k) Amino acids    | (l) Cholesterol |

(10x2=20)

Q.4. State True or False:

- (a) Excessive intake of carbohydrates causes obesity.
- (b) Fumigation is a good method of garbage disposal.
- (c) Vermiculture is a method of pest control.
- (d) Vitamin C is a fat soluble vitamin.
- (e) Pulper is a mechanical disposer.
- (f) Celluloses and hemicelluloses are digestible polysaccharides.
- (g) Rodents include rats and mice.
- (h) Proper ventilation facilitates disposal of gaseous waste.
- (i) Goitre is caused due to deficiency of calcium.
- (j) Monosaccharide has single sugar unit.

(10x1=10)

Q.5. Fill in the blanks:

- (a) PUFA stands for \_\_\_\_\_.
- (b) Night blindness is caused due to deficiency of \_\_\_\_\_.
- (c) In the three sink method, the second sink is used for \_\_\_\_\_.
- (d) \_\_\_\_\_ is also known as "sunshine vitamin".
- (e) RNA stands for \_\_\_\_\_.
- (f) Kwashiorkor is a \_\_\_\_\_ deficiency disease.
- (g) \_\_\_\_\_ helps a person to fight "beri-beri".
- (h) Osteoporosis is a \_\_\_\_\_ deficiency disease.
- (i) Artificial respiration is a first-aid procedure given to restore \_\_\_\_\_.
- (j) Anaemia is primarily caused due to deficiency of \_\_\_\_\_.

(10x1=10)

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