

No. of Printed Pages : 4
Roll No.

223935

3rd Sem / Hotel Management & Catering Technology
Subject : Food Science & Nutrition

Time : 3 Hrs.

M.M. : 60

SECTION-A

Note: Multiple choice questions. All questions are compulsory (6x1=6)

Q.1 A newborn baby requires about _____

- a) 250 kcal/day b) 350 kcal/day
- c) 550 kcal/day d) 450 kcal/day

Q.2 Energy and nutrient needs are greater during adolescence than at any other time of life, except _____

- a) Pregnancy b) Infancy
- c) Lactation d) Both a & b

Q.3 BMR stands for _____

- a) Body metabolism rate
- b) Basal metabolic rate
- c) Body mass index
- d) Basal energy expenditure

Q.4 The milk, cheese and yogurt group are important for _____

- a) Strong bones b) Teeth
c) Muscles d) All of the above

Q.5 Citrous fruits are an excellent source of _____

- a) Calcium b) vitamin C
c) Vitamin B d) Caloriess

Q.6 Water soluble vitamin is:

- a) A b) C
c) D d) E

SECTION-B

Note: Objective/ Completion type questions. All questions are compulsory. (6x1=6)

Q.7 What is RDA?

Q.8 Define the term lipids.

Q.9 What is Emulsification?

Q.10 Give examples of complete proteins?

Q.11 How is Energy produced in our body?

Q.12 What is the daily requirement of Water?

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SECTION-C

Note: Short answer type questions. Attempt any eight questions out of ten questions. (8x4=32)

Q.13 Mention the role of nutrition in maintaining health.

Q.14 Describe the role of food and its medicinal value.

Q.15 Define lipids and explain the classification of lipids.

Q.16 What is the role of Vitamin A in vision?

Q.17 List the sources and functions of carbohydrates.

Q.18 What are the differences between essential and non-essential fatty acids?

Q.19 What are fat soluble vitamin? Write a note on vitamin A.

Q.20 What is daily requirement and functions of calcium?

Q.21 What are the factors you would consider while planning a diet?

Q.22 Explain ORT /ORS.

SECTION-D

Note: Long answer type questions. Attempt any two questions out of three questions. (2x8=16)

Q.23 What are the various functions of carbohydrates in our body?

Q.24 Discuss the Physiological and Psychological and Social functions of food.

Q.25 What is balanced diet? Classify food into various groups.

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