

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2015-2016

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. Nutritive meal is important for maintaining good health. Discuss the principles of meal planning. (10)

Q.2. (a) Briefly explain the role of water in our body.
(b) Define balance diet and list the importance of it.

OR

(a) Draw flowchart showing classification of minerals.
(b) Draw a flowchart showing classification of vitamins.

(5+5=10)

Q.3. Suggest methods to improve quality of protein for a sports person. (10)

Q.4. Define the following terms (**any five**):

(a) Health	(b) Energy	(c) Malnutrition
(d) Polysaccharides	(e) Anaemia	(f) Cholesterol
(g) Beri-Beri		

(5x2=10)

Q.5. Define carbohydrate and mention its function in our diet. (10)

Q.6. Mention the food sources of following nutrients (**any five**):

(a) Vitamin B ₁	(b) Iron
(c) Vitamin A	(d) Vitamin K
(e) Iodine	(f) Sodium
(g) Vitamin C	

(5x2=10)

Q.7. Nutritive value of food gets reduced by certain faulty practices. Suggest procedures to improve nutritive value of foods. (10)

Q.8. Explain BMR as part of energy metabolism and the factors affecting them. (10)

Q.9. Differentiate between the following (**any five**):

- (a) Unsaturated fat and saturated fat.
- (b) Insoluble fibre and soluble fibre.
- (c) Visible fat and hidden fat.
- (d) Night blindness and rickets.
- (e) Water soluble vitamin and fat soluble vitamin.
- (f) Body building foods and protective food.
- (g) Sprouting and fermentation.

(5x2=10)

Q.10. Match the following:

- | | |
|-------------------------------|--------------------|
| (a) Nutrient | (i) Linolenic Acid |
| (b) Insoluble fibre | (ii) 9 Kcal/g |
| (c) Hormone | (iii) Vit A |
| (d) Building Block of protein | (iv) Carrot |
| (e) Cholesterol | (v) Protein |
| (f) Essential Fatty Acid | (vi) 4 Kcal/g |
| (g) Ascorbic acid | (vii) Osteoporosis |
| (h) Calcium | (viii) Cellulose |
| (i) Iodine | (ix) amla |
| (j) Fat | (x) Insulin |
| | (xi) Amino acid |
| | (xii) Animal foods |
| | (xiii) Goitre |

(10x1=10)
