

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR – 2014-2015

COURSE : 1st Semester of Post Graduate Diploma in
Dietetics & Hospital Food Service
SUBJECT : Nutritional Perspective in Community - I
TIME ALLOWED : 03 Hours MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

- Q.1. Define community nutrition. Enumerate the role of a community nutritionist in maintaining good nutritional status of adolescent Indian girls. (10)
- Q.2. What are the fundamentals of meal planning for a group of children staying in a boarding school? (10)
- Q.3. Classify Vitamins. State the functions of Vitamin D and Thiamine. (2+4+4=10)
- Q.4. (a) State **any five** reasons for inclusion of fiber in our daily diet.
(b) List **two** categories of fiber.
(c) Name **six** sources of fiber for an adult woman. (5+2+3=10)
- Q.5. (a) Classify minerals with examples and state **five** functions of minerals.
(b) State **any two** rich sources each of Calcium and Iron. (3+5+2=10)
- Q.6. Write short notes on (**any two**):
(a) Methods of determining protein quality.
(b) Functions of Vitamin C and methods of preserving Vitamin during food processing.
(c) Dietary needs during infancy.
(d) Exchange list and its use in meal planning. (2x5=10)

Q.7. Classify carbohydrates based on degree of polymerization. State **any two** functions of carbohydrates.

OR

Define the term protein quality. State the different methods of improving protein quality.

(2+8=10)

Q.8. Classify proteins according to the type of amino acid content. State the protein requirement for various stages of life.

OR

Classify fats and oils according to sources. State **five** ways in which fat intake can be reduced.

(5+5=10)

Q.9. Discuss pregnancy and physiological changes. State the importance of good quality nutrients during pregnancy.

OR

Discuss the changes associated with ageing. Enumerate the ways in which nutritional needs of 65 year old male with lifestyle diseases would be met.

(10)

Q.10. Fill in the blanks using the words given in the brackets:

- (a) The speed at which food raises the blood glucose level after its consumption _____ (Body mass Index/Glycemic Index).
- (b) Fatty acids which are not synthesized by human body _____ (Essential fatty acid/Non-essential fatty acids).
- (c) Animal proteins are _____ (Incomplete Proteins/Complete Proteins).
- (d) Thiamine is a _____ vitamin (Fat soluble/water soluble).
- (e) _____ is the vitamin required for normal vision (Vitamin K/Vitamin A).
- (f) _____ is anti-scurvy vitamin (Vitamin D/Vitamin C).
- (g) _____ are building blocks of protein (Monosaccharide/Amino acids).
- (h) Body building nutrient _____ (Fat/Protein).
- (i) _____ is the richest source of vitamin C (Orange/Amla).
- (j) _____ is the structural component of plants (Glycogen/Fiber).

(10x1=10)
