

ROLL No.....

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

COURSE : Diploma in Food Production
SUBJECT : Nutrition
TIME ALLOWED : 02 Hours MAX. MARKS: 50

(Marks allotted to each question are given in brackets)

- Q.1. Explain the following terms:
(a) RDA (b) Anaemia (c) BMR
(d) Essential Fatty Acids (e) SDA (5x2=10)
- Q.2. Discuss the importance of food in maintaining good health. (10)
- Q.3. What are the functions of proteins in our body?
OR
Classify Vitamins and explain the importance of Vitamin C. (10)
- Q.4. (a) What are the various factors that affect menu planning in relation to nutrition?
(b) Explain the concept of balance diet. Also explain the significance of fibre in our body. (5+5=10)
- Q.5. State True or False:
(a) Another name for Vitamin A is Thiamine.
(b) Lactose sugar is found in milk.
(c) 1 gm. of protein gives 4 kcal when oxidized in the body.
(d) Vitamin B is soluble in water.
(e) Deficiency of iodine results in Goitre. (5x1=5)
- Q.6. Fill in the blanks:
(i) Vitamin D is gained through _____.
(ii) Some of the food sources of Vitamin B1 are _____.
(iii) _____ sugar is found in honey.
(iv) Protective foods are _____.
(v) _____ are the building blocks of proteins. (5x1=5)
