

### SECTION-D

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

- Q.23 What is the function of protein in our body? How can the quality of protein be improved in food?
- Q.24 Classify vitamins and enumerate the functions of Vitamin A in the body along with its important source.
- Q.25 Explain the role of water in maintaining the water balance of the body.

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### 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 Adolescence is the age between 10-19 years is very crucial for\_\_\_\_\_
- a) Mental development
  - b) Physical development
  - c) Bone development
  - d) Skeletal system
- Q.2 Which food contain the most fat\_\_\_\_\_
- a) Graham Crackers      b) Brownies
  - c) Pudding                d) Angel food Cake
- Q.3 Vitamin C serves as
- a) Co-enzyme              b) Antagonist
  - c) Antioxidant            d) Intrinsic

- Q.4 \_\_\_\_\_ is sugar present in fruits
- a) Fructose                      b) Galactose
  - c) Glucose                      d) Lactose

- Q.5 Micronutrients are referred to \_\_\_\_\_
- a) Hidden hunger
  - b) Irreversible damage
  - c) Building block of brain
  - d) All

- Q.6 Fat-soluble Vitamins
- a) Easily excreted
  - b) Seldom cause toxicity
  - c) Require bile for absorption
  - d) Not stored in body

#### SECTION-B

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

- Q.7 How should green leafy vegetable be stored?
- Q.8 What is malnutrition?
- Q.9 Define Health?
- Q.10 How does lifestyle affect meal planning?

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- Q.11 How can proper nutrition be managed by limited resources?

- Q.12 Write two units of energy.

#### SECTION-C

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

- Q.13 Enlist various functions of water in maintaining good health.
- Q.14 How would you classify carbohydrates?
- Q.15 Discuss cholesterol in our body.
- Q.16 What are the sources of lipids?
- Q.17 Write note on excessive intake and deficiency of fats?
- Q.18 List the functions of proteins.
- Q.19 How is Energy produced in our body? Explain.
- Q.20 What is the requirement and functions of Vitamin D?
- Q.21 What are the sources and deficiency of Minerals?
- Q.22 What are the factors affecting menu planning?

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