

Q.21 Explain BMR as part of energy metabolism .

Q.22 What do you mean by balanced diet?

SECTION-D

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

Q.23 Classify carbohydrates giving examples. Draw a food pyramid and discuss the importance of cereals for the body ?

Q.24 Classify vitamins based on solubility. What are the sources of vitamin A and D in our body ?

Q.25 What are the function of protein in our body ? Name essential and non-essential sources of amino acids.

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Roll No.

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3rd Sem / Hotel mgmt & Catering Tech.

Subject : Food Science & Nutrition

Time : 3 Hrs.

M.M. : 60

SECTION-A

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

Q.1 Milk , Cheese and eggs are sources of

- a) Vitamin C and A b) Vitamin A and D
- c) Vitamin C and D d) Vitamin B and C

Q.2 Which of the following is considered an easily digestible source of protein ?

- a) Egg albumin b) Soyabean
- c) Fish flesh d) Red meat

Q.3 Which of the following is a water-soluble vitamin and hence is required to be taken every day ?

- a) Vitamin D b) Vitamin C
- c) Vitamin K d) Vitamin A

Q.4 _____ is a unit of energy that indicates the amount of energy contained in food.

- a) Label
- b) Food guide pyramid
- c) Calorie
- d) Basket

Q.5 Which of these is not considered a nutrient?

- a) Vitamins
- b) Minerals
- c) Fiber
- d) Fats

Q.6 Citrus fruits are excellent source of _____?

- a) Calcium
- b) Vitamin C
- c) Vitamin B
- d) Calories

SECTION-B

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

Q.7 Expand SDA

Q.8 State true or false 'Egg raises cholesterol levels'

Q.9 State true or false 'potato chips are healthy way to eat potato'

(2)

223935

Q.10 Vitamin D is gained from _____
(Air/Water/Sun)

Q.11 The only sugar required by brain is _____
(Glucose/Sucrose/Maltose).

Q.12 Loss of water and electrolyte leads to _____
(Dehydration/Rehydration/^Obesity).

SECTION-C

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

Q.13 Discuss the factors affecting energy requirements of human beings.

Q.14 Food is incomplete without nutrients. Elaborate

Q.15 Signify the role of calcium in our body.

Q.16 Suggest methods of nutrient conservation?

Q.17 Classify lipids with suitable examples.

Q.18 Give food sources and function of Vit K.

Q.19 Differentiate between saturated fat and unsaturated fat.

Q.20 What is the difference between body building foods and protective food.

(3)

223935