

Q.22 Give reasons for “Vitamins and minerals must be consumed even though they do not give us energy”.

SECTION-D

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

Q.23 Explain the importance of cholesterol in our diet. What are the various ways by which we can maintain our cholesterol levels?

Q.24 How does the deficiency of protein harm our body? List the richest dietary sources of protein in our diet.

Q.25 What do you understand by the “Concept of energy balance and health hazards associated with underweight.”

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3rd Sem. / Hotel Management & Catering Tech.

Subject : Food Science and Nutrition

Time : 3 Hrs.

M.M. : 60

SECTION-A

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

Q.1 A substance needed by the body for growth, energy, repair and maintenance is called a

- a) Nutrient
- b) Carbohydrate
- c) Calorie
- d) Fatty acid

Q.2 About half of your diet should be made up of

- a) Grains and Vegetables
- b) Fruits and Milk
- c) Milk and Cheese
- d) Fats and Sugars

Q.3 This food group is our body's best source of energy?

- a) Meat group
- b) Fats, oils, and sweets

- c) Breads and Cereals
d) Milk and cheese
- Q.4 The bread, cereal, rice and pasta group is a good source of _____?
a) Carbohydrate b) Vitamin C
c) Calcium d) Vitamin D
- Q.5 The milk, cheese and yogurt are important for _____?
a) Strong bones b) Teeth
c) Muscles d) All of the above
- Q.6 Pulses are good source of
a) Carbohydrates b) Proteins
c) Fats d) Vitamins

SECTION-B

- Note:** Objective/ Completion type questions. All questions are compulsory. (6x1=6)
- Q.7 Expand RDA
- Q.8 State true or false 'Amla is a good source of vitamin C'
- Q.9 State true or false 'Distress eating results in obesity'.

- Q.10 State true or false 'Fibers help in increasing blood cholesterol level'.
- Q.11 _____ sugar is found in milk (Maltose / Fructose /Lactose).
- Q.12 _____ is called reference protein (Meat/ Milk/ Egg).

SECTION-C

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

- Q.13 Classify carbohydrates.
- Q.14 Explain the concept of BMR
- Q.15 Write five major dietary sources of protein.
- Q.16 Explain functions of vitamin E & C.
- Q.17 Write short notes on calcium.
- Q.18 Explain the role of water in our body.
- Q.19 How can the quality of protein be improved in food?
- Q.20 What are various sources of iron.
- Q.21 What do you understand by fat soluble vitamins?