

Q.21 Explain BMR as part of energy metabolism .

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Roll No.

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.

(00)

(4)

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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

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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. $(6 \times 1 = 6)$

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'

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. $(8 \times 4 = 32)$

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.