

### SECTION-D

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

- Q.23 Explain the importance of water in our body and how it cannot be substituted.
- Q.24 How does the deficiency of protein harm our body? List the richest dietary sources of protein in our diet.
- Q.25 Discuss the various functions of food.

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223935

3rd Sem.

Branch : Hotel Management & Catering Technology  
Sub.: Food Science & Nutrition

Time : 3 Hrs.

M.M. : 60

### SECTION-A

**Note: Multiple Choice Questions. All Questions are compulsory. (6x1=6)**

- Q.1 One gram of protein contains
- a) 4.3 Kilocalories of energy
  - b) 4.2 Kilocalories of energy
  - c) 5.2 Kilocalories of energy
  - d) 5.4 Kilocalories of energy
- Q.2 Each gram of fat provides
- a) 5 kcal/g
  - b) 4 kcal/g
  - c) 9 kcal/g
  - d) 1 kcal/g
- Q.3 Proteins are made up of
- a) Lipids
  - b) Amino acids
  - c) Fatty acids
  - d) Glycogen

Q.4 \_\_\_\_\_ is known as Sunshine vitamin.

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

Q.5 \_\_\_\_\_ is the richest source of Vitamin A.

- a) Fish liver oil                      b) Meat  
c) Milk                                  d) Vegetables

Q.6 In balanced diet the ratio of energy distribution from Carbohydrates proteins and Fats should be

- a) 7:1:2                                  b) 2:1:7  
c) 7:2:1                                  d) 2:7:1

### SECTION-B

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

Q.7 What is Gelatinisation?

Q.8 What do you mean by Coagulation?

Q.9 What do you mean by Lecithin?

Q.10 Define Starch?

Q.11 Define the term Hygiene?

Q.12 Water soluble vitamins are \_\_\_\_\_.

### SECTION-C

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

Q.13 Define the terms Health, Nutrition and Nutrients.

Q.14 Differentiate between Unsaturated fat and saturated fat.

Q.15 Describe the important functions performed by carbohydrates.

Q.16 Write a short note on the basic structure and properties of Proteins.

Q.17 Explain the effect of Heat on Proteins?

Q.18 How does Gender affect the R.D.A. of a person?

Q.19 Differentiate between fats and oils.

Q.20 What do you understand by Healthy specific meal?

Q.21 What is Non-Enzymatic Browning?

Q.22 Discuss the preventions we should take care during Mass Food production.