



NP – 427

**V Semester B.H.M. Examination, January/February 2025
(NEP) (Freshers/Repeaters)
HOTEL MANAGEMENT
Food and Nutrition**

Time : 2½ Hours

Max. Marks : 60

- Instructions :** 1) Read the instructions **carefully**.
2) Number the answers **correctly**.

SECTION – A

1. Answer any five questions. **Each** carries two marks. **(5×2=10)**
- a) Define food acceptance.
 - b) What is the role of vitamins in the body ?
 - c) What are the significance of a balanced diet ?
 - d) How does drying help in preserving food ?
 - e) What is the importance of omega-3 fatty acids in oils ?
 - f) List two benefits of consuming dairy products in a balanced diet.
 - g) Define condiments.

SECTION – B

Answer any four questions. **Each** carries five marks. **(4×5=20)**

- 2. Explain the importance of minerals in the body and their various functions.
- 3. Describe the key practices for ensuring food safety and preventing food borne diseases.
- 4. Discuss the selection process of sugar and jaggery and how are they prepared.
- 5. Explain the factors that should be considered when selecting eggs and flesh foods.
- 6. Explain the benefits of using herbal teas in beverage preparation.



SECTION – C

(3x10=30)

Answer any three questions. Each carries ten marks.

7. Explain the role of specific micronutrients in supporting the immune system.
8. Discuss the importance of choosing the right food for maintaining overall health and what are the key factors to consider when making food choices ?
9. What are the methods of cooking vegetables that helps retain their nutrients and discuss how these methods impact their nutritional value ?
10. Evaluate the environmental sustainability of producing and packaging convenience foods.
11. Explain how temperature control during storage and cooking can influence food safety. What are the dangers of improper temperature control ?