

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2014-2015

COURSE : 1st Semester of 3-year B.Sc. in H&HA
SUBJECT : Nutrition
TIME ALLOWED : 03 Hours MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

- Q.1. Define energy and discuss the factors affecting energy requirements.
OR
Classify lipids with suitable examples. (10)
- Q.2. Food is incomplete without nutrients. Discuss.
OR
Critically evaluate the growth of fast foods in India. (10)
- Q.3. Classify menu planning according to three food group system and discuss any **five** factors affecting meal planning.
OR
Signify the role of calcium and iron in the body. (10)
- Q.4. Balance diet is essential for well being. Define and discuss the factors responsible for making a balanced diet.
OR
What are the health hazards associated with energy balance? (10)
- Q.5. (a) Discuss the importance of food in maintaining good health.
(b) Signify the role of dietary fibre in our diet. (5+5=10)
- Q.6. Enlist the methods to improve the quality of protein in food. (10)
- Q.7. Cooking affects the nutritive value of food. Suggest methods of nutrient conservation. (10)

Q.8. Give **two** food sources and **three** functions each of the following nutrients:

- (a) Vit A
- (b) Vit B₂
- (c) Vit C
- (d) Vit D
- (e) Vit K

(10)

Q.9. Water balance is important for maintaining good health. Discuss.

(10)

Q.10. Match the following:

- | | |
|-------------------------|----------------------------|
| (a) Good cholesterol | (i) Energy unit |
| (b) W-3 | (ii) Thianin |
| (c) Kcal | (iii) Goitre |
| (d) Lactose | (iv) 22 |
| (e) Vit B ₁ | (v) 1.5 g/kg. body weight. |
| (f) Vit D | (vi) HDL |
| (g) Iodine | (vii) Hypertension |
| (h) Amino acid | (viii) Disaccharide |
| (i) Protein requirement | (ix) EFA |
| (j) Sodium | (x) Rickets |
| | (xi) Night blindness |

(10x1=10)
