ROLL No……………

**NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2013-2014**

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.   How would you classify carbohydrates? Explain giving examples of each. What are effects of deficiency and excess of carbohydrates in diet?

OR

Define and classify proteins. Suggest methods to improve their quality.

(10)

Q.2.   Define the term cholesterol. Give the sources and functions of cholesterol. Why they need to be maintained?

OR

How water balance is maintained in the body? Give the functions of water.

(10)

Q.3.   Define the terms fats and fatty acids. Explain the types of fatty acids and give the functions of fats.

(10)

OR

Define the following terms:

(a)   Nutrition   (b)   Health   (c)   Malnutrition
(d)   Obesity   (e)   SDA

(5x2=10)

Q.4.   What is BMR and explain the factors affecting it.

OR

What are fibres? Give their significance in the diet alongwith dietary sources.

(10)

Q.5.   Classify vitamins and explain the functions and sources of Vitamin D and C.

(10)

Q.6.   What are nutrients? Classify them.

(10)

Q.7.   What is balanced diet? Classify foods into various groups.

(10)

Q.8.   Explain the concept of RDA and the factors that influence it.

(10)

Q.9.   (a)   Name the conditions that lead to obesity.
       (b)   Explain factors affecting meal plan.

(5+5=10)

Q.10. Fill in the blanks:

(a)   Protein requirement of adults is _____ gm/kg of body weight (1/3/7).
(b)   Loss of water and electrolyte leads to _____ (Dehydration/ Rehydration/Obesity).
(c)   _____ are the building blocks of proteins (Fatty acids/Amino acids/ Gluclose).
(d)   Night blindness is caused by deficiency of _____ (Vit. B/ E/ A).
(e)   Niacin deficiency causes _____ (Beri- Beri/ Scurvy/ Pellagra).
(f)   Each gramme of fat supplies _____ Kcal (4/6/9).
(g)   Simple lipids are _____ and _____ (Fats & oils/Amino acids & Proteins/ MUFA & PUFA).
(h)   _____ sugar is found in milk (Maltose/ Fructose/Lactose).
(i)   Iodine deficiency leads to _____ (Rickets/Goitre/Anaemia).
(j)   _____ is called the reference protein (Meat/Milk/ Egg).

(10x1=10)

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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 B_2
(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)

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2

ROLL No...............

**NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2015-2016**

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.   Nutritive meal is important for maintaining good health. Discuss the principles of meal planning.

(10)

Q.2.   (a)   Briefly explain the role of water in our body.
        (b)   Define balance diet and list the importance of it.
                            OR
        (a)   Draw flowchart showing classification of minerals.
        (b)   Draw a flowchart showing classification of vitamins.

(5+5=10)

Q.3.   Suggest methods to improve quality of protein for a sports person.

(10)

Q.4.   Define the following terms (**any five**):
        (a)   Health   (b)   Energy   (c)   Malnutrition
        (d)   Polysaccharides (e)   Anaemia   (f)   Cholesterol
        (g)   Beri-Beri

(5x2=10)

Q.5.   Define carbohydrate and mention its function in our diet.

(10)

Q.6.   Mention the food sources of following nutrients (**any five**):
        (a)   Vitamin B_1 (b)   Iron
        (c)   Vitamin A   (d)   Vitamin K
        (e)   Iodine   (f)   Sodium
        (g)   Vitamin C

(5x2=10)

Q.7.   Nutritive value of food gets reduced by certain faulty practices. Suggest procedures to improve nutritive value of foods.

(10)

Q.8.   Explain BMR as part of energy metabolism and the factors affecting them.

(10)

Q.9.   Differentiate between the following (**any five**):
        (a)   Unsaturated fat and saturated fat.
        (b)   Insoluble fibre and soluble fibre.
        (c)   Visible fat and hidden fat.
        (d)   Night blindness and rickets.
        (e)   Water soluble vitamin and fat soluble vitamin.
        (f)   Body building foods and protective food.
        (g)   Sprouting and fermentation.

(5x2=10)

Q.10.   Match the following:

(a)	Nutrient	(i)	Linolenic Acid
(b)	Insoluble fibre	(ii)	9 Kcal/g
(c)	Harmone	(iii)	Vit A
(d)	Building Block of protein	(iv)	Carrot
(e)	Cholesterol	(v)	Protein
(f)	Essential Fatty Acid	(vi)	4 Kcal/g
(g)	Ascorbic acid	(vii)	Osteoporosis
(h)	Calcium	(viii)	Cellulose
(i)	Iodine	(ix)	amla
(j)	Fat	(x)	Insulin
		(xi)	Amino acid
		(xii)	Animal foods
		(xiii)	Goitre

(10x1=10)

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3

ROLL No................

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2016-2017

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.   Discuss the importance of food in maintaining good health.
                            OR
        Classify nutrients and explain them briefly.
                                                              (10)

Q.2.   Define Energy. Discuss the varioius factors affecting energy requirements.
                                                              (10)

Q.3.   What are the functions of Carbohydrates in our body?
                            OR
        Illustrate the role of dietary fibre in human diet.
                                                              (10)

Q.4.   Classify Vitamins and explain the significance of Vitamin-A and D.
                            OR
        Define and classify proteins. Suggest methods to improce their quality.
                                                              (10)

Q.5.   enlist the various functions of water in maintaining good health.
                            OR
        Define invisible source of water. How water balance is maintained in the body?
                                                              (10)

Q.6.   "Balanced diet is important to live a healthy life". How far do you agree with this
        statement?
                                                              (10)

Q.7.   What are the various factors that affect Menu Planning in relation to nutritiion?
                                                              (10)

Q.8.   Discuss the fast food trend in the food service industry, with reference to nutrition
        and health.
                                                              (10)

Q.9.   What measures should be taken in mass food production to retain maximum
        nutritive value of food?
                                                              (10)

Q.10.   State True or False:
        (a)   Another name for Vitamin-A is Thiamine.
        (b)   Energy is defined as the capacity for doing work.
        (c)   Coffee is an invisible source of water.
        (d)   Lactose sugar is found in milk.
        (e)   1-gram of protein gives 4-Kcal when oxidised in the body.
        (f)   Pyridoxine deficiency causes Pellagra.
        (g)   Amla is a good source of Vitamin-C.
        (h)   Deficiency of iodine results in goitre.
        (i)   Fats are classified under micronutrients.
        (j)   Vitamin-B is soluble in water.
                                                              (10x1=10)

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4

ROLL No...2017–18

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2017-2018

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.   Explain BMR and enlist factor affecting individual BMR.
                            OR
        Discuss the Physiological and Psychological and Social functions of food.
                                                        (10)

Q.2.   Energy balance is important for healthy living. **Discuss.**
                            OR
        Enlist various functions of water in maintaining good health.
                                                        (10)

Q.3.   How would you classify carbohydrates? Explain giving examples of each.
                            OR
        Discuss the functions of dietary fibers with example and sources.
                                                        (10)

Q.4.   Classify vitamins and enumerate the functions of vitamin A in body alongwith its important sources.
                            OR
        Discuss cholesterol in our body. What are the various functions of body fats?
                                                        (10)

Q.5.   Explain briefly the following:
        (a)   Ways to improve quality of protein
        (b)   Factors influencing menu planning
                                                        (5+5=10)

Q.6.   What is balance diet? Classify food into various groups.
                                                        (10)

Q.7.   What are common mistakes done while processing and cooking bulk food?
                                                        (10)

Q.8.   Critically evaluate fast foods.
                                                        (10)

Q.9.   Define the following:
        (a)   SDA
        (b)   Health
        (c)   Malnutrition
        (d)   Obesity
        (e)   Monosaccharides
                                                        (5x2=10)

Q.10. A   State whether True or False:
        (i)   Pectin is soluble in water.
        (ii)   Fibres help in increasing blood cholesterol.
        (iii)   The basic units from which proteins are built are the amino acids.
        (iv)   Night blindness is caused by deficiency of Vitamin A
        (v)   Distress eating results in obesity.

       B   Fill in the blanks:
        (i)   Energy is measured in _____ (Kcal/Joules).
        (ii)   _____ is found in honey (Lactose/Fructose/Maltose).
        (iii)   Vitamin D is gained from _____ (Air/Water/Sun).
        (iv)   Each gram of carbohydrate provides _____ kcal. (10/15/20).
        (v)   The only sugar required by brain is _____ (Glucose/Sucrose/Maltose).
                                                        (5+5=10)

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NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR - 2018-2019

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. While preparing food in hotels, where do we find the major nutrient losses occurring? Suggest ways to avoid these losses.
OR
Why do the nutritional requirements differ throughout our lifespan? **(10)**

Q.2. Classify carbohydrates and explain the harmful effects of excess carbohydrates in our body. **(10)**

Q.3. Give reasons for the following:
(a) Vitamins and minerals must be consumed even though they do not give us energy.
(b) Ketosis occurs due to deficiency of carbohydrates in the body.
(c) Insulin is an useful hormone for regulation.
(d) A menu can also be used as a marketing tool.
(e) A bomb calorimeter is an essential equipment. **(5x2=10)**

Q.4. (a) Describe any five latest nutritional food products launched in the market.
(b) Explain the importance of water in our body and how it cannot be substituted.
OR
(a) List out five factors to be kept in mind in menu planning.
(b) Plan a full day's nutritional diet for a child who belong to a middle class family and is a non-vegetarian. **(5+5=10)**

Q.5. Explain the importance of cholesterol in our diet. What are the various ways by which we can maintain our cholesterol levels? **(5+5=10)**

Q.6. Differentiate between the following (any four):
(a) Intracellular and extracellular fluid.
(b) Essential and non-essential amino acids.
(c) Complex and simple carbohydrates.
(d) Sedentary work and heavy work.
(e) Vitamin B1 and B2.
(f) Vitamin A & D **(4x2½=10)**

Q.7. How does the deficiency of protein harm our body? List the richest dietary sources of protein in our diet.
OR
What are the various signs we see in our body which tells us that we are suffering from a deficiency of Vitamins and minerals? Give five examples of these conditions and sugest ways to improve it. **(5+5=10)**

Q.8. Define any four:
(a) BMR (b) Ketone bodies (c) Glycogen (d) Scurvy (e) Enzymes **(4x2½=10)**

Q.9. Match the following:

	A		B		C
01	Calcium	01	Electrolyte balance	01	Anaemia
02	Iron	02	Calories	02	Mucular cramps
03	Bulimia	03	Bone formation	03	Carbohydrates
04	Sodium	04	Psychological food disorder	04	Binging on food
05	Energy	05	Formation of haemoglobin	05	Osteoporosis

(5x2=10)

Q.10. State True or False:
(a) Potato chips are a healthy way to eat potato.
(b) Snacks are an important part of a healthy diet for active children.
(c) Fruit juice is a healthy alternative to eating a piece of fruit.
(d) Thirst is a good indicator of dehydration.
(e) Artificially sweetened drinks are safe for teeth.
(f) Dried fruits are not as healthy a choice as fresh fruit.
(g) Primary school children need atleast eight glasses of water each day.
(h) Primary school children need to drink regular whole milk.
(i) Foods such as broccoli and almonds are a good source of calcium in the diet.
(j) Eggs raise cholesterol levels. **(10x1=10)**

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