

BACHELOR IN HOTEL MANAGEMENT (BIHM)

Term-End Examination

December, 2013

BHY-052 : NUTRITION AND FOOD SCIENCE

Time : 3 hours

Maximum Marks : 100

Note : Attempt any five questions. All questions carry equal marks.

1. Define the following : 5x4=20
 - (a) BMR
 - (b) Balanced diet
 - (c) Enzymatic Browising
 - (d) Food science

2. Write short notes on : 10+10=20
 - (a) RDA of various nutrients for adult male.
 - (b) Role of proteins in the body.

3. Explain the factors of energy expenditure. 20

4. Describe the role of any water soluble vitamins in maintaining life. 20

5. What do you understand by Menu Planning ? 20
Plan a day's diet for an adult female suffering from hypertension.

6. Explain the concept of energy balance and elaborate on its health hazards. 20

7. Classify lipids and explain its functions. 20
 8. Explain various methods of food evaluation. 20
 9. Explain the importance of water and minerals in the body. 20
 10. Explain the calculation of nutritive value of dishes / meals. 20
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