

BACHELOR IN HOTEL MANAGEMENT (BIHM)

Term-End Examination

00351

December, 2014

BHY-052 : NUTRITION AND FOOD SCIENCE

Time : 3 hours

Maximum Marks : 100

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

1. What are the physiological and psychological functions of food in maintaining good health ? Discuss. 20
2. What do you understand by energy requirement ? How is energy measured ? Explain the factors affecting energy requirement. 20
3. Plan a weekly menu for a person suffering from diabetes. Also explain and elaborate your choices. 20
4. What are the different techniques of food preservation ? Explain. 20
5. What is browning ? How many types of browning can occur in foods ? Also discuss the prevention of browning. 20

6. What are lipids ? Classify them. Give their functions also. 20
7. Discuss the planning of balanced meals based upon different food groups. 20
8. Classify protein and give its uses also. 20
9. Write short notes on the following : 10+10=20
- (a) Balanced Diet
 - (b) Emulsions
10. Explain the following briefly : 4×5=20
- (a) Micronutrients
 - (b) Health
 - (c) EFA
 - (d) SDA
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