

**BACHELOR IN HOTEL MANAGEMENT (BIHM)****Term-End Examination****December, 2015****BHY-052 : NUTRITION AND FOOD SCIENCE***Time : 3 hours**Maximum Marks : 100*

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- Note :** (i) Attempt *any five* questions.  
(ii) *All* questions carry *equal* marks.
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1. Define the terms 'Health' and 'Nutrition'. Write about importance of food in maintaining good health. 20
2. What are nutrients ? Classify them. 20
3. How would you classify Carbohydrates ? Explain giving examples of each. What are the effects of deficiency and excess of carbohydrates in diet ? 20
4. Define the terms fats and fatty acids. Explain the types of fatty acids and give functions of fats. 20
5. What are Minerals ? List important minerals for good health and write about their functions. 20
6. What is Meal Planning ? Discuss the factors affecting Meal Planning. 20

7. Define (any ten) : 10x2=20
- (a) BMR
  - (b) Nutrient
  - (c) Obesity
  - (d) Anorexia
  - (e) Undernutrition
  - (f) Malnutrition
  - (g) Scurvy
  - (h) Pellagra
  - (i) Night Blindness
  - (j) SDA
  - (k) Fibre
  - (l) Osteoporosis
8. (a) What points will you keep in mind while planning diet for a diabetic ? 10+10
- (b) Give a sample diet for the same.
9. Define Food Science and write about its scope. 20
10. Explain in brief : (any five) 5x4=20
- (a) Food Processing
  - (b) Food Chemistry
  - (c) Food Microbiology
  - (d) Evaluation of Food
  - (e) Colloids and Emulsions
  - (f) Browning of Food
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