

**BACHELOR IN HOTEL MANAGEMENT (BIHM)**

**Term-End Examination**

**December, 2016**

**BHY-052 : NUTRITION AND FOOD SCIENCE**

*Time : 3 hours*

*Maximum Marks : 100*

- Note :**
- (i) Attempt *any five* questions.
  - (ii) All questions carry *equal* marks.

1. (a) Classify carbohydrates. Give examples.  
(b) List the functions of carbohydrates. **10+10=20**
2. (a) Classify proteins. Give examples. **10+10=20**  
(b) Explain food sources and supplementary value in relation to proteins.
3. Define Micronutrients. Give examples and explain their importance. **20**
4. (a) Define BMR. Explain the factors affecting BMR. **10+10=20**  
(b) Explain the health hazards of energy imbalance.
5. (a) What are browning reactions ? Elaborate.  
(b) How would you critically evaluate meals served at an institute ? **10+10=20**

6. What is sensory evaluation ? Enumerate its importance. 20
7. (a) Explain various factors affecting meal planning. 15+5=20  
(b) Plan a day's menu for an adolescent boy/girl who actively participates in sports event, giving reasons for your choice.
8. (a) Expand and explain the following abbreviations : 10+10=20  
(i) RDA  
(ii) O/W  
(iii) PUFA  
(iv) EFA  
(v) SDA  
(b) Give dietary sources of following (2 for each) :  
(i) Saturated fat  
(ii) Vit C  
(iii) Iron  
(iv) Vit A  
(v) Calcium
9. Write short notes on any two : 10+10=20  
(a) Rancidity  
(b) Objectives of food processing  
(c) Importance of food

10. (a) Explain three food group system and its importance in planning of diets. **10+10=20**

(b) Match the following :

A	B
(i) Fluorine	(A) 9 kcal
(ii) Thiamin	(B) High temp treatment
(iii) Lipids	(C) Vit A
(iv) Pasteurization	(D) Fluorosis
(v) Tyndall Effect	(E) Carbohydrate
(vi) Night Blindness	(F) Egg
(vii) Pectin	(G) Beri-Beri
(viii) Reference Protein	(H) 4 kcal
(ix) Dextrinization	(I) Colloids
(x) Carbohydrate	(J) Effect of dry heat
	(K) Amino Acid

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