

BACHELOR IN HOTEL MANAGEMENT (BIHM)

Term-End Examination

June, 2016

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 Food Science. Discuss the scope and importance of Food Science in today's growing food industry. **20**
2. (a) Classify carbohydrates on the basis of number of sugar units. Give examples.
(b) Describe gelatinization and its usage in the process of cooking. **10+10=20**
3. (a) Classify lipids. Give examples. **10+10=20**
(b) What is Rancidity ? How can it be prevented ?
4. Explain the concept of Energy Balance. **20**
Enumerate health hazards associated with it and diet modifications required for the same.
5. (a) What is enzymatic browning ? How can it be prevented ? **15+5**
(b) Discuss importance of food processing.

6. (a) Classify vitamins. 10+10=20
(b) Explain in detail the functions of any two vitamins.
7. Explain the procedure of conducting sensory evaluation for a dish. 20
8. (a) Classify colloids. Give examples. 10+10=20
(b) Give dietary sources of following :
(2 for each)
(i) Complete proteins
(ii) Iron
(iii) Calcium
(iv) Vit K
(v) Dietary Fibre
9. Write short notes on any two : 10+10=20
(a) Emulsions
(b) Balanced diet
(c) Factors affecting energy requirement
10. (a) What is Therapeutic Nutrition ? 5+10+5
(b) Discuss factors to be considered while planning a diet for a hypertensive.
(c) Plan a days sample diet for the same.
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