

BACHELOR IN HOTEL MANAGEMENT (BIHM)

Term-End Examination

June, 2017

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. Define the following terms : 5x4=20
 - (a) Health
 - (b) Nutrition
 - (c) Colloids
 - (d) Browning

2. Explain the importance of food in maintaining good health. 20

3. Define energy. What are dietary sources of energy. Elaborate. 20

4. Write short notes on : 10+10=20
 - (a) Malnutrition
 - (b) Cholesterol

5. Discuss various health hazards associated with overweight. Suggest methods for controlling of obesity. 20

6. Classify vitamins. Give sources and functions of vitamin E and C. 10+10=20
7. What do you understand by Menu planning ?
Plan a day's menu for a person suffering from Diabetes. 5+15=20
8. What are proteins ? Enlist functions of proteins. 20
9. What is Osteoporosis ? Explain dietary considerations while planning a diet for person suffering from osteoporosis. 20
10. Write short notes on : 10+10=20
(a) BMR
(b) SDA
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