

DIPLOMA IN CULINARY ARTS

(Under Modular Pattern)

Term-End Examination

June, 2018

00346

BCU-002 : NUTRITION

Time : 3 hours

Maximum Marks : 100

Note : *Attempt all questions.*

1. Define Nutrition and explain how it helps in maintaining good health.

OR

Define Energy and explain the factors affecting energy requirements. 10

2. Explain the role of dietary fiber in preventing diseases.

OR

Give the classification of carbohydrates with examples. 10

3. Explain functions of water and its sources.

OR

Define proteins. Give the functions of proteins. 10

4. List the functions of Calcium and Iron.

OR

Give the classification of Vitamins. Write in brief the functions and sources of Vitamin A. 10

5. List the fat soluble vitamins and give functions of Vitamin D. 10
6. Explain the measures to be taken during mass food production to avoid loss of nutrients. 10
7. What is meal planning ? List the factors affecting it. 10
8. Define fats. Discuss in detail the functions of fats. 10
9. What is Cholesterol ? List its functions. 10
10. Discuss the fast food trend. How does it affect nutrition and health ? 10
-