

**BACHELOR IN HOTEL MANAGEMENT (BIHM)**

**Term-End Examination**

**December, 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.*

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1. Discuss the importance of food in maintaining good health. 20
  2. What do you understand by Balanced Diet ? Explain the importance of Balanced Diet. 20
  3. Explain briefly : 5x4=20
    - (a) RDA
    - (b) PUFA
    - (c) SDA
    - (d) Cholesterol
  4. What are Lipids ? Elaborate the classification of lipids with examples. 20
  5. Define Energy. Explain factors affecting energy requirement. 20

6. Write short notes on : 10+10=20  
(a) Diabetes  
(b) Osteoporosis
7. Discuss the factors affecting menu planning. 20
8. Explain factors leading to obesity. List measures to tackle obesity. 20
9. What are carbohydrates ? Explain the functions and deficiency of carbohydrates. 20
10. Write short notes on : 10x2=20  
(a) Process of food processing  
(b) Colloids and Emulsions
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