

BACHELOR IN HOTEL MANAGEMENT (BIHM)

Term-End Examination

June, 2013

BHY-052 : NUTRITION AND FOOD SCIENCE

Time : 3 hours

Maximum Marks : 100

Note : Attempt any five questions. All questions carry equal marks.

1. What is a balanced diet ? How is it essential to maintain healthy life ? 20
2. What are colloids ? Discuss various properties of colloidal system citing examples of foods. 20
3. What is a trained sensory panel ? Explain the acceptance tests in sensory evaluation. 20
4. Explain various factors affecting energy requirement of an individual. 20
5. Explain the role of any two fat soluble vitamins in our body. 20

6. Elucidate the factors affecting meal planning. 20
Plan a day's diet for an adult diabetic male.
7. Classify carbohydrates and enumerate its 20
functions.
8. Explain various methods of food processing. 20
9. (a) Explain physiological role of calcium in our
body. 10+10=20
(b) What factors affect iron absorption in body ?
10. Define the following : 5x4=20
(a) Osteoporosis
(b) SDA
(c) EFA
(d) Nutrition
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