

**BACHELOR IN HOTEL MANAGEMENT
(BIHM)**

Term-End Examination

00654

June, 2019

BHY-052 : NUTRITION AND FOOD SCIENCE

Time : 3 hours

Maximum Marks : 100

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

1. Define Nutrition. Explain its importance in our body for health and vitality, with examples. 20
2. Define Energy. Explain the various factors affecting energy requirement. 20
3. Elaborate on health hazards associated with underweight and overweight, with examples. 20
4. Write notes on the following : 2×10=20
 - (a) Micro Nutrients
 - (b) Macro Nutrients

5. Define Minerals. Explain the sources and importance of iodine and calcium in balanced diet. 20
 6. Plan and explain a day's diet for an adult suffering from diabetes. 20
 7. Write an essay on factors affecting menu planning. 20
 8. Explain the principles of planning nutritionally balanced meals based upon three food group system, with examples. 20
 9. Elaborate on importance of protein in our diet. What are the causes of protein deficiency in a growing child ? 20
 10. Write an essay on scope of food science. 20
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