

BACHELOR IN HOTEL MANAGEMENT (BIHM)

Term-End Examination

June, 2015

00285

BHY-052 : NUTRITION AND FOOD SCIENCE

Time : 3 hours

Maximum Marks : 100

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- Note :** (i) *Attempt five questions in all.*
(ii) *All questions carry equal marks.*
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1. Define Balanced Diet. Write about importance of Balanced Diet in an individual's life. **20**

2. Explain in one line (any ten) : **10x2=20**
 - (a) Hygiene
 - (b) Nutrition
 - (c) Health
 - (d) Nutrient
 - (e) RDA
 - (f) SDA
 - (g) Malnutrition
 - (h) Fats
 - (i) Carbohydrates
 - (j) Cholesterol
 - (k) MUFA
 - (l) PUFA

3. What is BMR ? Explain the factors affecting it. **20**

4. Classify Vitamins. Give functions and sources of Vitamin A and C. **10+10**

5. What is Menu Planning ? Classify foods into various groups. **5+15**

6. (a) List and explain factors leading to obesity.
(b) Suggest measures to tackle obesity. **10+10**
7. Write notes on : **4x5=20**
(a) Emulsions
(b) Colloids
(c) Flavour
(d) Browning
8. What are Proteins ? Write about functions and deficiency of Proteins. **20**
9. Explain functions of food. **20**
10. What are Macro and Micro Nutrients ? Explain in detail. **10+10**
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