

Total No. of Questions—7]

[Total No. of Printed Pages—3

Seat No.	
-------------	--

[5220]-16

B.Sc. (Hospitality Studies) (First Year) EXAMINATION, 2017

HS-106 : PRINCIPLES OF NUTRITION

Time : Three Hours

Maximum Marks : 80

N.B. :- (i) Question No. 1 is compulsory.

(ii) Attempt any *five* questions from Q. Nos. 2 to 7.

1. (A) Match the following nutrients in Column 'A' with the deficiency disease in Column 'B' : [10]

Column 'A'

Column 'B'

- | | |
|-----------------------------|-----------------------|
| (i) Niacin | Megaloblastic anaemia |
| (ii) Vitamin B ₁ | Scurvy |
| (iii) Iron | Beri-beri |
| (iv) Ascorbic acid | Pellagra |
| (v) Folic acid | Anaemia |
| (vi) Vitamin A | Rickets |
| (vii) Calcium | Night blindness |
| (viii) Iodine | Osteoporosis |
| (ix) Vitamin D | Goitre |
| (x) Protein | Kwashiorkor |

(B) Define the following terms (any *five*) : [10]

- (i) Oedema
- (ii) Empty calorie
- (iii) Health
- (iv) Vitamins
- (v) Hydrogenation of oil
- (vi) Nutrient

P.T.O.

2. Give reasons : [12]
- (i) Fruits and vegetables should not be cut in small pieces.
 - (ii) Oil should be stored in an air tight container.
 - (iii) Animal proteins are the complete source of protein.
 - (iv) Water balance plays an important role in relation to human health.
 - (v) We should add an extra pinch of salt during summer.
 - (vi) Fibre is an important part of our daily diet.
3. (A) Explain the supplementary value of protein with *three* examples. [6]
- (B) Enlist any *four* main functions of fat in the diet. Give any *four* good food sources of protein rich foods. [6]
4. (A) Define essential amino acid and enlist all amino acids needed by an adult. [6]
- (B) Define balanced diet. Plan a day's diet for a vegetarian adult man, aged 40 years who is a bank manager, using the basic five food groups. [6]
5. (A) Explain dehydration and what is the role of ORT in dehydration. [6]
- (B) Explain the importance of avoiding fast or junk food. [6]
- Or*
- Write short notes on : [2×3=6]
- (i) Cholesterol
 - (ii) Effect of heat on carbohydrate.
6. (A) Give any *six* measures to preserve nutrients while cooking food. [6]
- (B) Explain the importance of sodium chloride in the diet. Give any of its *four* rich food sources. [6]

7. (A) Give any *one* food to be recommended and *one* food to be avoided for the following diseases : [6]
- (i) Jaundice
 - (ii) Heart related disease
 - (iii) Peptic ulcer
 - (iv) Fever and infection
 - (v) Diabetes mellitus
 - (vi) Diarrhoea.
- (B) Explain “basic *five* food groups” with suitable examples. [6]