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B.Sc. (Hospitality Studies) (First Year) EXAMINATION, 2018

HS : 106 – PRINCIPLES OF NUTRITION

(2016 PATTERN)

Time : Three Hours

Maximum Marks : 80

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

(ii) Attempt any *five* questions from Q. No. 2 to Q. No. 7.

1. (A) Define the following terms : [10]

- (1) Junk food
- (2) Health
- (3) Overnutrition
- (4) Cholesterol
- (5) Fat
- (6) Non-essential amino acid
- (7) Hydrogenation of oil
- (8) Hollow calories
- (9) Oedema
- (10) Balanced diet

(B) Give the food sources of the following foodstuffs (any *five*) : [10]

- (1) Fibre
- (2) Incomplete protein

P.T.O.

- (3) Antioxidants
- (4) Vitamin E
- (5) Niacin
- (6) Iodine

2. Give reasons for the following (any *six*) : [12]

- (i) Khichdi is better source of food than plain dal and rice.
- (ii) Salt should be fortified with iodine.
- (iii) A person should always have balanced diet.
- (iv) Fats should not be consumed in excess.
- (v) We should drink fresh lime juice in summer.
- (vi) An obese person should have daily intake of salads.
- (vii) We should not add soda while cooking food.

3. (A) A diet provides 2500 kcal of energy. Out of that 350 gms is carbohydrates. Protein content is 50 gms. Fibre is 20 gms. Calculate the fat content of the diet. [6]

(B) Write the deficiency disease for the following : [6]

- (1) Iron
- (2) Vitamin K
- (3) Vitamin A
- (4) Calcium
- (5) Vitamin B₁
- (6) Ascorbic acid

4. (A) Plan a balanced lunch diet for a college going girl who is 18 yrs. old who is a non-vegetarian. [6]
(B) Write a short note on water balance. [6]
5. (A) Give any *six* ways to preserve the nutrients while cooking food. [6]
(B) List *five* basic food groups with examples. Give guidelines for using these food groups. [6]
6. (A) Write short notes on (any *two*) : [6]
(1) Functions of fats
(2) Excess of carbohydrates
(3) Importance of dietary fibre in diet.
(B) Differentiate between (any *two*) : [6]
(1) Complete protein and incomplete proteins
(2) Essential amino acid and non-essential amino acid
(3) Saturated fat and unsaturated fat
7. State any *one* food to be avoided and *one* food to be recommended for the following disorders : [12]
(1) Dysentery
(2) Fever and infection
(3) Heart related diseases
(4) Diabetes
(5) Peptic ulcers
(6) Constipation