

Total No. of Questions—7]

[Total No. of Printed Pages—3

Seat No.	
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[5372]-25

B.Sc. (HS) (II Semester) EXAMINATION, 2018

205 : CATERING SCIENCE-II

(2008 PATTERN)

Time : Three Hours

Maximum Marks : 70

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

(ii) Attempt any 4 questions from Q. No. 2 to Q. No. 7

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

- (i) Health
- (ii) Empty Calories
- (iii) Nutrition
- (iv) Edible portion of food
- (v) Essential amino acid
- (vi) Dehydration
- (vii) Fat soluble vitamins.

2. (A) Give reasons (any *five*) : [10]

- (i) Sucrose is a disaccharide.
- (ii) Deficiency of iron leads to anaemia.
- (iii) Water balance is important for human body.
- (iv) The energy requirement of office executive is less than that of a construction worker.
- (v) Salt should be fortified with iodine.
- (vi) Children must be exposed to sunlight.

P.T.O.

- (b) Explain the effects of heat on proteins (any 3 effects) and define complete proteins. [5]
3. (a) Classify carbohydrates with suitable examples. [5]
- (b) Explain rancidity of oil and give any 2 preventive measures to prevent the same. [5]
- (c) A diet provides 1700 kcal, 50 gm of protein, 30 gm of fats, and 20 gm of fibre. Calculate the total carbohydrates from the diet. [5]
4. (a) Explain the importance of avoiding junk food. [5]
- (b) Write any 2 differences between fats and oils. Explain ill-effects of excess consumption of fats on human body. [5]
- (c) Discuss 'Vitamin C' on the basis of :
- (i) Its scientific name. [1]
- (ii) Any four good food sources. [2]
- (iii) Name of the deficiency disease. [1]
- (iv) And its any one symptom. [1]
5. (a) Write any 3 functions of carbohydrate and state an importance of dietary fibre in diet. [5]
- (b) Write a note on cholesterol. Give any four food sources rich in cholesterol. [5]
- (c) Give any two food sources and one important function of calcium. State an importance of sodium chloride in diet. [5]

6. (a) Write any five way of preserving nutrients while cooking food.[5]
(b) Define hydrogenation of oil with suitable examples. Give any 2 food sources of polyunsaturated fatty acid. [5]

Or

Explain the concept of supplementary value of protein with two examples. [50]

- (c) Define balanced diet. Plan a breakfast menu for an adolescent girl who likes vegetarian food. [5]
7. (a) Explain basic *five* food groups along with its sources. [5]
(b) Write any *two* foods recommended and any two foods avoided for the following disorders : [10]
- (i) Diabetes mellitus
 - (ii) Hypertension
 - (iii) Heart disease
 - (iv) Fever
 - (v) Constipation.