Printed Pages: 01 **Sub Code: HMCT206**

Paper Id: 174213 **Roll No.** | | | | | | | | | | |

HMCT
(SEM II) THEORY EXAMINATION 2018-19
NUTRITION

Time: 3 Hours ***Total Marks: 100***

Note: Attempt all Sections. If require any missing data; then choose suitably

SECTION A

1. Attempt all in brief: **2*10=20**

a) Fibre
b) Saturated Fat
c) Rickets
d) Essential Amino Acids
e) Dehydration
f) Kilocalorie
g) Balanced Diet
h) Anemia
i) Nutrients
j) RDI

SECTION B

2. Attempt any *three* of the following: **10x3=30**

a) Classify proteins and also explain how it helps in growth and development of body?
b) Nutrients are affected during pre-preparation and cooking. Comment with suitable examples.
c) Plan a one-day menu for a school going child. Mention the points to be considered while doing so.
d) Write the process of digestion in human body.
e) Explain how water is important to us and what are consequences of its deficiency?

SECTION C

3. Attempt any *one* part of the following: **10*1=10**

a) Write the principles and factors affecting menu planning?
b) Write the role of food in human body. Also mention the factors affecting the energy metabolism of body.

4. Attempt any *one* part of the following: **10*1=10**

a) Explain Fat soluble and Water soluble vitamins. Also mention their sources.
b) How nutrition is essential to a hotel management graduate? Explain.

5. Attempt any *one* part of the following: **10*1=10**

a) Write the ill effects of deficiency and excess of carbohydrates in our body.
b) How Fats are essential for our body? Explain.

6. Attempt any *one* part of the following: **10*1=10**

a) Elaborate the role of minerals in maintaining a healthy body.
b) What is Recommended Dietary Intake? Write the factors affecting it.

7. Attempt any *one* part of the following: **10*1=10**

a) Write in detail about different food groups.
b) Write the ill effects of Fats in our body. Also mention how a healthy diet is helpful to overcome these effects.

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