

NATIONAL COUNCIL FOR HOTEL MANAGEMENT  
AND CATERING TECHNOLOGY, NOIDA  
**ACADEMIC YEAR - 2016-2017**

COURSE : 1<sup>st</sup> Semester of 3-year B.Sc. in H&HA  
SUBJECT : Nutrition  
TIME ALLOWED : 03 Hours MAX. MARKS: 100

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(Marks allotted to each question are given in brackets)

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- Q.1. Discuss the importance of food in maintaining good health.  
**OR**  
Classify nutrients and explain them briefly. (10)
- Q.2. Define Energy. Discuss the various factors affecting energy requirements. (10)
- Q.3. What are the functions of Carbohydrates in our body?  
**OR**  
Illustrate the role of dietary fibre in human diet. (10)
- Q.4. Classify Vitamins and explain the significance of Vitamin-A and D.  
**OR**  
Define and classify proteins. Suggest methods to improve their quality. (10)
- Q.5. enlist the various functions of water in maintaining good health.  
**OR**  
Define invisible source of water. How water balance is maintained in the body? (10)
- Q.6. "Balanced diet is important to live a healthy life". How far do you agree with this statement? (10)
- Q.7. What are the various factors that affect Menu Planning in relation to nutrition? (10)
- Q.8. Discuss the fast food trend in the food service industry, with reference to nutrition and health. (10)

Q.9. What measures should be taken in mass food production to retain maximum nutritive value of food?

(10)

Q.10. State True or False:

- (a) Another name for Vitamin-A is Thiamine.
- (b) Energy is defined as the capacity for doing work.
- (c) Coffee is an invisible source of water.
- (d) Lactose sugar is found in milk.
- (e) 1-gram of protein gives 4-Kcal when oxidised in the body.
- (f) Pyridoxine deficiency causes Pellagra.
- (g) Amla is a good source of Vitamin-C.
- (h) Deficiency of iodine results in goitre.
- (i) Fats are classified under micronutrients.
- (j) Vitamin-B is soluble in water.

(10x1=10)

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