

**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.