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B. Sc. (Hospitality Studies) (Semester - II) Examination - 2010

CATERING SCIENCE

(New 2008 Pattern)

Time : 3 Hours]

[Max. Marks : 70

Instructions :

(1) Question No. 1 is compulsory.

(2) Attempt **any four** from Q. Nos. 2 to 7.

Q.1) Define the terms : (Any Five)

[10]

- (a) Nutrient
- (b) Edible Portion of Food
- (c) Hydrogenation of Oil
- (d) Balanced Diet
- (e) Health
- (f) Empty Calories

Q.2) (A) Give scientific reasons for the following : (Any Five)

[10]

- (a) During summer an extra pinch of salt should be added to various food stuffs.
- (b) People living in hilly areas suffer from Goitre.
- (c) Dietary Fibre should be included in our daily diet.
- (d) Animal Proteins are a Complete Source of Protein.
- (e) Oils should be stored in air tight containers.
- (f) Fresh Fruit Juices are preferred to aerated soft drinks.

(B) The protein and fat content of a diet is 200 gms and 100 gms respectively. The diet provides 2900 kcals of energy. Calculate Carbohydrate Content of the Diet.

[05]

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1

P.T.O.

- Q.3)** (A) Explain Ill-effects of Excess Consumption of Fat in the Diet. [05]
- (B) Give any four dietary sources of Water. How is water balance maintained in our body. [05]
- (C) Discuss 'Vitamin A' on the basis of :
- (a) Four good food sources [02]
- (b) One important function [01]
- (c) One deficiency disease with one symptom [02]
- Q.4)** (A) Mention any three functions of Carbohydrates. Give four good food sources of carbohydrate - rich food. [05]
- (B) Explain Concept of Supplementary Value of Protein giving two examples. [05]
- (C) Explain importance of avoiding Fast Foods. [05]
- Q.5)** (A) List essential Amino Acids required by an Infant. [05]
- (B) Plan a day's balanced diet for an adult man aged 35 years, working as an executive, who is a non-vegetarian ? [05]
- (C) Discuss 'Iron' on the basis of :
- (a) Any four good food sources [02]
- (b) Deficiency disease and symptom [02]
- (c) Any one function [01]
- Q.6)** (A) Define Vitamins. Classify them giving suitable examples. [05]
- (B) Give any five ways to prevent nutrient loss from Food Stuffs while Cooking. [05]
- (C) Explain five basic food groups with relevant examples of Food Stuffs. [05]

Q.7) (A) Mention any two foods to be avoided and two foods to be recommended for the persons suffering from : **[10]**

- (a) Diabetes Mellitus
- (b) Cardio-vascular Diseases
- (c) Jaundice
- (d) Diarrhoea
- (e) Fever and Infection

(B) Explain Effect of Heat on Proteins. Classify Proteins giving suitable examples. **[05]**

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