

Total No. of Questions : 7]

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

CATERING SCIENCE

(Old 2005 Pattern)

Time : 3 Hours]

[Max. Marks : 70

*Instructions :*

(1) Question No. 1 is compulsory.

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

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

[5x2=10]

- (a) Oedema
- (b) Nutrient
- (c) Hollow Calories
- (d) Vitamins
- (e) Hydrogenation of Oil
- (f) Health

**Q.2)** (A) Describe any three functions of Carbohydrate. Give any four Food Sources of Carbohydrate. [05]

(B) Explain Supplementary Value of Protein with two examples. [05]

(C) A diet provides 1600 kcal. Out of this 270 gm is Carbohydrate Content. The energy provided by fat is 288 kcals. Calculate Protein Content of the diet. [05]

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P.T.O.

**Q.3) (A) Match of following : [05]**

**‘A’**

**‘B’**

Niacin

Scurvy

Vitamin B<sub>1</sub>

Pernicious Anaemia

Folic Acid

Beri Beri

Ascorbic Acid

Megaloblastic Anaemia

Cyanocobalamine

Pellagra

Night Blindness

**(B) Give reasons : (Any Five) [5x2=10]**

- (a) Fruits and Vegetables should be washed before peeling and cutting.
- (b) Dietary fibre should be avoided by a patient suffering from diarrhoea.
- (c) Citrus Food should not be dehydrated.
- (d) Vegetable Proteins are not the complete source of Protein.
- (e) Pressure Cooking is always advisable.
- (f) We should add an extra pinch of salt during summer.

**Q.4) (A) Discuss Iron under the following headings :**

- (a) Any two functions [02]
- (b) Any two good food sources [02]
- (c) Name of the deficiency disease [01]

**(B) Define Essential Amino Acid and enlist all essential Amino Acids needed by an adult. [05]**

**(C) Plan a balanced lunch menu for a 18 years old adolescent boy who is a vegetarian using five basic food groups. [05]**

- Q.5) (A)** Explain Dehydration. What is the role of ORT in Dehydration ? [05]  
(B) Explain importance of avoiding Fast/Junk Food. [05]  
(C) Give any five measures to preserve nutrients while Cooking Food. [05]
- Q.6) (A)** Define Rancidity of Oil. How will you prevent it ? [05]  
(B) Classify Proteins giving suitable examples. [05]  
(C) Discuss 'Vitamin C' on the basis of :  
(a) Two good food sources [02]  
(b) One function [01]  
(c) One deficiency disease and one symptom [02]
- Q.7) (A)** List one food each to be avoided and recommended for patients suffering from the following diseases : [05]  
(a) Kidney Disease  
(b) Jaundice  
(c) Heart Disease  
(d) Constipation  
(e) Peptic Ulcer
- (B) Explain basic five Food Groups giving suitable examples. [05]  
(C) Explain ill effects of excess consumption of Fat in the diet. Give any two good food sources of Cholesterol. [05]
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