

18U340

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Name:

Reg. No.....

THIRD SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

(CUCBCSS-UG)

CC18U HM3 C05 - NUTRITION HYGIENE AND SANITATION

(Catering Science & Hotel Management - Core Course)

(2018 Admission Regular)

Time: Three Hours

Maximum: 80 Marks

SECTION A

Answer *all* questions. Each question carries 1 mark.

1. ----- is an example for macro nutrient.
2. One-gram protein provides ----- kcal.
3. ----- plays an important role in the absorption of iron.
4. A balanced diet should provide around ----- percent of total calorie.
5. ----- is a jelly like structure surrounding the cell wall of bacteria.
6. ----- is an example for antioxidants.
7. ----- that are used in disinfection are called disinfectants.
8. In fermentation ----- of the dough takes place when the gluten mature.
9. ----- is caused by the deficiency of vitamin A.
10. ----- is the main storage polysaccharide of plants.

(10 x 1 = 10 Marks)

SECTION B

Answer *all* questions. Each question carries 2 marks.

11. Explain the physiological functions of food.
12. What are non-essential amino acids?
13. Discuss the 3 'D' s of pellagra.
14. What is rancidity?
15. FSSAI
16. Discuss the role of water in the growth of micro-organism.
17. List out the causes of spoilage of foods.
18. Write on the role of alcohol as a disinfectant.
19. HACCP
20. List down the significance of dietary fiber.

(10 x 2 = 20 Marks)

SECTION C

Answer any *five* questions. Each question carries 6 marks.

21. Explain the functions of Calcium and Iron.
22. Distinguish between food additives and food adulteration.
23. Describe the sources and significance of fat.
24. Explain about egg white foams.
25. Elaborate methods of food preservation
26. Explain the principles of planning diets
27. Sources and types of contamination in foods.
28. Draw and explain food guide pyramid.

(5 x 6 = 30 Marks)

SECTION C

Answer any *two* questions. Each question carries 10 marks.

29. Discuss the functions, sources and deficiency of Vitamin C.
30. Elaborate on the common food borne parasites and viruses.
31. Describe protein under the following heads:

a) Functions

b) Source

c) Soy proteins

d) Whey proteins

(2 x 10 = 20 Marks)
