D 111882 (Pages : 2) Name...

Reg. No....................................

THIRD SEMESTER (CBCSS–UG) DEGREE EXAMINATION, NOVEMBER 2024

B.H.A.

BHA 3C 03—NUTRITION, HYGIENE AND SANITATION

(2019–2023 Admissions)

Time : Two Hours and a Half   Maximum : 80 Marks

Part A

Answer the following in not exceeding one paragraph each.
Each question carries 2 marks.
(Maximum 25 marks).

1. Define the term nutrients.

2. What is meant by macro nutrients ?

3. What is known as water soluble vitamin ?

4. What is meant by pasteurization ?

5. What is known as dietary fibre ?

6. What is the term 'polysaccharide' ?

7. Give the food sources of vitamin D.

8. What is meant by unsaturated fat ?

9. What is balanced diet ?

10. What is known as food irradiation ?

11. What is the term 'EFA' ?

12. What is the term cholesterol ?

13. What is the importance of iodine in a balanced diet ?

14. What is meant by cross contamination ?

15. What is known as malnutrition ?

(25 marks)

Turn over

Part B

Answer the following in not exceeding 120 words.
Each question carries 5 marks.
(Maximum 35 marks)

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16. Briefly describe the extrinsic factors affecting the growth of microorganism in food.

17. What is Food Contamination and its various sources ?

18. Explain the principles of HACCP and discuss its importance in food sector.

19. Discuss the various factors affecting the growth of microorganism.

20. Enlist the common foodborne microorganism.

21. Explain various cleaning and disinfection methods along with agents commonly used in the hospitality industry.

22. State the various sources of food contamination.

23. Why personal hygiene is important in food sector ?

(35 marks)

Part C

*Answer any **two** questions in not exceeding 3 pages each.*
Each question carries 10 marks.

24. Discuss the general characteristics of microorganisms based on their occurrence and structure.

25. Explain the various methods of food preservation in detail.

26. Explain the various factors affecting the meal plan.

27. Explain the functions of carbohydrates in our body.

(2 × 10 = 20 marks)