

**D 111962****(Pages : 2)****Name.....****Reg. No.....****THIRD SEMESTER (CBCSS-UG) DEGREE EXAMINATION, NOVEMBER 2024**

Hotel Management and Catering Science/Culinary Arts  
BSH/C 3C05—NUTRITION HYGIENE AND SANITATION  
(2019–2023 Admissions)

Time : Two Hours

Maximum : 60 Marks

**Section A**

*Answer the following questions in not exceeding one paragraph.  
Each question carries 2 marks.  
Maximum Marks 20.*

1. What does RDA stands for, and why is it important in nutrition ?
2. Define food additives.
3. Differentiate between macronutrients and micronutrients.
4. Name two common bacteria responsible for foodborne illnesses and their associated symptoms.
5. What is the difference between monounsaturated and polyunsaturated fats?
6. Differentiate between water-soluble and fat-soluble vitamins.
7. Write the basic structure of a bacterium in two key points?
8. What are the primary dietary sources of cholesterol, and how does it impact blood cholesterol levels?
9. Mention the common causes of spoilage in food.
10. What do you mean by Rancidity ?
11. Define Nutrition.
12. What do you mean by cross contamination ?

(Maximum Marks 20)

**Section B**

*Answer the following questions in not exceeding 120 words [Short Essay] each.  
Each carries 5 marks.  
Maximum Marks 20.*

13. What are Nutrients ? Briefly explain the importance of these nutrients in supporting various physiological functions.
14. Write the significance of international food standards in the global food trade.

**Turn over**

15. Define food adulteration and provide a brief explanation of why it is a concern in the food industry.
16. Describe the primary role of carbohydrates in the human body, highlighting the essential functions and sources.
17. Explain how pasteurization works as a microbial control method, highlighting its impact on both bacteria and enzymes.

(Maximum Marks 20)

### Section C

*Answer any two questions in not exceeding 250 words [Long Essay].*

*Each question carries 10 marks.*

*Maximum Marks 20.*

18. Explain the concept of Good Hygiene Practices (GHP) in the food industry. Discuss the key components of GHP and how their implementation contributes to the overall safety and quality of food products?
19. What do you mean by Menu planning ? Explain the factors influencing menu planning in the culinary industry
20. Define HACCP and explain its primary objective and basic principles in ensuring food safety.
21. Explain the role of minerals in human nutrition. Write the classification of minerals, their functions in the body, and food sources rich in these essential nutrient.

(Maximum Marks 20)