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Name.....

Reg. No.....

THIRD SEMESTER (CBCSS—UG) DEGREE EXAMINATION, NOVEMBER 2022

B.H.A.

BHA 3C 03—NUTRITION, HYGIENE AND SANITATION

(2019 Admission onwards)

Time : Two Hours and a Half

Maximum : 80 Marks

Part A (Short Answer Type Questions)*Each question carries 2 marks.**15 questions.*

1. _____ provides nutrients.
2. Calcium is essential for _____.
3. Define meal planning.
4. Spoilage means _____.
5. Drying means _____.
6. Expand HACCP.
7. What is meant by commodities ?
8. Define food born micro-organisms.
9. Viruses means _____.
10. Unsaturated fats means _____.
11. Define Proteins.
12. Mention any two food groups.
13. Define contamination.
14. Define Hygiene.
15. Polysaccharides means _____.

(Ceiling 25)

Turn over

Part B (Paragraph Type Questions)

Each question carries 5 marks.

8 questions.

16. List out the basic nutrition required for good health.
17. Explain about the nutritional value of the main food groups.
18. Why is it necessary that all the three groups of food should be present in our meals? —Explain.
19. How do you preserve food from spoilage ?
20. What are the types of food spoilage ?
21. What is the most important part of a HACCP implementation ?
22. What are the benefits of fatty acids ?
23. Write the importance of lipids and carbohydrates.

(Ceiling 35)

Part C (Essay Type Questions)

Each question carries 10 marks.

(2 out of 4).

24. Write an explanatory note on the importance of balanced diet.
25. What are basic food groups ? Explain.
26. Brief canning method of food preservation. Explain.
27. Write the general characteristics of micro-organisms based on their occurrence and structure.

(2 × 10 = 20 marks)