

D 31808

(Pages : 2)

Name.....

Reg. No.....

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

Hotel Management and Catering Science/Culinary Arts
BSH/C 3C 05—NUTRITION HYGIENE AND SANITATION
(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Section A*Answer the following questions.**2 marks each.**(Maximum 20 marks)*

1. What are Carbohydrates ?
2. What is the effect of dry heat on starch called ?
3. What is Rancidification ?
4. What is Monounsaturated fat ?
5. What is Balanced Diet ?
6. What is RDA ?
7. What is Nutrition ?
8. What is Dietary fiber ?
9. Describe two types of Health.
10. Name the 3 food groups.
11. What is Carrageenan ?
12. What is Trans Fat ?

Section B (Short Answer Type Questions)*Each question carries 5 marks.**Maximum 20 marks.*

13. Explain the functions of Nutrients.
14. Explain the sources of Vitamin A, D, E, K.

Turn over

15. What are the different types of protein, and what's the difference ?
16. Explain about any 5 food additives.
17. Explain about Unhealthy Fats.

Section C

Answer any two.

Each question carries 10 marks.

Maximum 20 marks.

18. What are Minerals ? Explain the functions of Minerals.
19. Write an essay on Micro-organisms.
20. Describe the various Food Preservation methods.
21. Describe the factors affecting Meal Planning.