

**D 91744**

(Pages : 3)

Name.....

Reg. No.....

**THIRD SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION  
NOVEMBER 2020**

Hotel Management and Catering Science

**BSH 3C 05—NUTRITION HYGIENE AND SANITATION**

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

**Section A**

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

Multiple Choice Questions :

1. Butter and animal fats are an example of which of the following :
  - (a) Unsat fats.
  - (b) Sat fats.
  - (c) Cholesterol.
  - (d) Trans fats.
2. Vitamin C deficiency is called :
  - (a) Scurvy.
  - (b) Cold.
  - (c) Cancer.
  - (d) Rickets.
3. Substances used to preserve foods by lowering the pH are :
  - (a) Vinegar and citric acid.
  - (b) Smoke and irradiation.
  - (c) Baking powder and soda.
  - (d) Salt and sugar.
4. Antioxidants that prevent rancidity include :
  - (a) Smoke.
  - (b) Salt.
  - (c) Sugar.
  - (d) BHT and BHA.
5. Regulation of most food additives, in the United States is the responsibility of the :
  - (a) Environmental Protection Agency (EPA).
  - (b) United States Department of Agriculture (USDA).
  - (c) Food and Drug Administration (FDA).
  - (d) Center for Disease Control and Prevention (CDC).

**Turn over**

6. Term used to describe all of chemical reactions occurring inside any organism :
- (a) Condensation. (b) Oxidation.  
(c) Polymerization. (d) Metabolism.
7. Which of the following products have higher acidity and lacks aroma ?
- (a) Cultured buttermilk. (b) Cultured sour cream.  
(c) Bulgarian milk. (d) Acidophilus milk.
8. Which of the following is a factor that affects the storage stability of food ?
- (a) Type of raw material used.  
(b) Quality of raw material used.  
(c) Method/effectiveness of packaging.  
(d) All of the mentioned.
9. Which is the good sources of Protein ?
- (a) Green vegetables. (b) Rice.  
(c) Fruits. (d) Eggs.
10. What does HACCP stand for ?
- (a) Hazard Analysis and Critical Control Point.  
(b) Hazard And Critical Control Point.  
(c) Health Analysis and Critical Control Point.  
(d) Hazard And Critical Cooking Point

(10 × 1 = 10 marks)

### Section B

*Answer any **eight** questions.  
Each question carries 2 marks.*

1. What foods increase cholesterol ?
2. What is nutrient content ?
3. Write short notes on protein and why do we need it ?
4. Explain the importance of calcium in our diet ?

5. Define the food standards ?
6. What do you understand about the adulteration ?
7. Write the examples of food borne illnesses ?
8. List out the three types of contamination ?
9. What are the principles of food preservation ?
10. What is cleaning disinfection and sterilization ?

(8 × 2 = 16 marks)

### Section C

*Answer any six questions.  
Each question carries 4 marks.*

1. What are the four classes of carbohydrates ?
2. Write about the different classification of protein ?
3. Brief about the important sources of protein ?
4. List out the uses of fluorine ?
5. Explain the different types of adulteration ?
6. Name any *four* basic principles of healthy eating ?
7. How micro-organisms are classified ?
8. Write any *four* methods of food preservation ?

(6 × 4 = 24 marks)

### Section D

*Answer any two questions.  
Each question carries 15 marks.*

1. How do you calculate the energy content of food ? Explain each.
2. What are the general characteristics of micro-organisms and its importance ?
3. What are the techniques of food preservation ? Explain in detailed.

(2 × 15 = 30 marks)