

DATE 10/11/20  
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CA

**D 92947**

(Pages : 2)

Name.....

Reg. No.....

**THIRD SEMESTER (CBCSS—UG) DEGREE EXAMINATION, NOVEMBER 2020**

Hotel Management and Catering Science/Hotel Management and Culinary Arts

BSH/C3 C05—NUTRITION HYGIENE AND SANITATION

Time : Two Hours

Maximum : 60 Marks

**Section A**

*Answer at least **eight** questions.*

*Each question carries 3 marks.*

*All questions can be attended.*

*Overall Ceiling 24.*

1. What are LIPIDS ?
2. Does polyunsaturated fat make you gain weight ?
3. What is Nutritional Value of food ?
4. What is Food additive ?
5. What is Proteins ?
6. What is Micro-organism ?
7. What is Food Spoilage ?
8. What are foodborne viruses ?
9. What are Bacterial spores ?
10. What is Contamination ?
11. What is Cholesterol ?
12. What is unsaturated fat ?

(8 × 3 = 24 marks)

**Section B (Short Answer Type Questions)**

*Answer at least **five** questions.*

*Each question carries 5 marks.*

*All questions can be attended.*

*Overall Ceiling 25.*

13. Explain the types of Carbohydrates.
14. What is Balanced Diet and explain its importance ?
15. What are Vitamins ? Explain types of Vitamins.

**Turn over**

16. What is food adulteration ? Why food adulteration is done ?
17. Explain the significance of Dietary Fiber.

(5 × 5 = 25 marks)

### Section C

*Answer any one questions.  
The question carries 11 marks.*

18. Explain the role of Fat in cooking.
19. Write an essay on "Routes of microbial contamination of food".
20. Explain the Principles of HACCP.
21. What are common types of Food Additives — Should we avoid them ?

(1 × 11 = 11 marks)