

D 51681

(Pages : 2)

Name.....

Reg. No.....

**THIRD SEMESTER (CBCSS—UG) DEGREE EXAMINATION  
NOVEMBER 2023**

B.H.A.

BHA 3C 03—NUTRITION, HYGIENE AND SANITATION

(2019—2022 Admissions)

Time : Two Hours and a Half

Maximum : 80 Marks

**Part A***Answer the following in not exceeding **one paragraph** each.**Each question carries 2 marks.**(Maximum 25 marks)*

1. Define the term health.
2. What is balanced diet ?
3. What is the term 'GHP' in the food sector ?
4. What is meant by parasite ?
5. What is EFA ?
6. Define Protein.
7. What is the importance of iodine in a balanced diet ?
8. What is biological contamination ?
9. Define food safety.
10. What are the benefits of riboflavin in food ?
11. What is meant by conditionally essential amino acids ?
12. What is known as malnutrition ?
13. What is the term HACCP ?
14. What is known as menu planning ?
15. What is known as salting ?

**Turn over**

**Part B**

*Answer the following in not exceeding 120 words.*

*Each question carries 5 marks.*

*(Maximum 35 marks)*

16. Classify vitamins and explain the functions and sources of Vitamin D and C.
17. Explain the significance of dietary fibre.
18. Briefly describe the classification of protein.
19. Mention the food sources of following minerals :
  - (a) Sodium ; and
  - (b) Iron.
20. Differentiate between unsaturated fat and saturated fat.
21. Briefly describe the social functions of food.
22. Explain the functions and benefits of carbohydrates.
23. List the richest dietary sources of protein in our diet.

**Part C**

*Answer any **two** questions in not exceeding **three** pages each.*

*Each question carries 10 marks.*

24. Explain the factors affecting meal plan.
25. What are Nutrients ? Classify them.
26. Explain the types of fatty acids and give the functions of fats.
27. Explain the sources and functions of cholesterol. Why they need to be maintained ?

(2 × 10 = 20 marks)