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Name.....

Reg. No.....

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

Hotel Management and Catering Science

BSH/C 3C 05—NUTRITION HYGIENE AND SANITATION

(2019—2022 Admissions)

Time : Two Hours

Maximum : 60 Marks

**Section A***Answer the following questions in not exceeding **one paragraph**.**Each question carries 2 marks.**(Maximum Marks 20)*

1. What role does Vitamin C play in the body ?
2. How does the body benefit from consuming omega-3 fatty acids ?
3. Name two micronutrients essential for bone health ?
4. Differentiate between cleaning and disinfection ?
5. What do you mean by Menu planning ?
6. Mention the functions of Dietary fiber ?
7. Write down any four functions of food ?
8. Explain the significance of protein in a balanced diet and mention a few sources of complete proteins.
9. Differentiate between saturated and unsaturated fatty acids ?
10. What do you mean by Irradiation ?
11. What is the importance of proper nutrition in maintaining overall health ?
12. Define Food Adulteration ?

**Turn over**

**Section B (Short Essay)**

*Answer the following questions in not exceeding 120 words each.*

*Each question carries 5 marks.*

*(Maximum Marks 20)*

13. Briefly Explain the various factors affecting growth of micro-organisms in food ?
14. What is a balanced diet, and why is it essential for overall health ?
15. Write about the role of hygiene and sanitation in controlling micro-organisms ?
16. Discuss the beneficial role of microorganisms in food industry ?
17. Differentiate between macro minerals and micro minerals.

**Section C (Long Essay)**

*Answer any **two** questions in not exceeding 250 words.*

*Each question carries 10 marks.*

*(Maximum Marks 20)*

18. Define Food Additive. Classify and explain various food additives being used in hotel kitchen.
19. Explain in detail about the various methods used for preservation ?
20. Discuss the importance of food standards in ensuring the safety and quality of food products.
21. Explain the role of vitamins in maintaining human health. Classify them ?