

B.H.M. DEGREE EXAMINATION, DECEMBER 2010.

(Examination at the end of First Year)

Part II — Hotel Management

Paper.III — NUTRITION AND FOOD SERVICE

Time : Three hours

Maximum : 75 marks

Answer any FIVE of the following.

All questions carry equal marks.

(5 × 15 = 75)

1. Discuss briefly the classification of nutrients and their functions.
 2. Define carbohydrates. Explain their classification and functions.
 3. Discuss the New trends in restaurants with special emphasis on nutrition.
 4. What are minerals? Explain their classification and functions.
 5. Define Balanced diet. Explain its importance. Also discuss the factors affecting balanced diet.
 6. Explain the importance of water in our daily diet and discuss the effect of dehydration on human health.
 7. Explain about Nutritional losses upon cooking and ways to prevent it.
 8. Write about sources and daily requirements of fats. Also explain the effects of deficiency of fats or excess of fat on human health.
 9. Write about meal planning and five food groups.
 10. Explain briefly the importance of calcium for people of different age groups.
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