

B.Sc. International Hospitality Management

Type: Semester End Examination

Date: 24th January, 2022

Term: 2

Total Marks: 25

Time Duration: 02 Hours

Course Name: Basic Nutrition

Course Code: IHCH 126

Instructor: Ms. Marissa Coelho

This paper contains 02 pages in addition to the cover page.

Name of the Student: _____ Student Number: _____ Class: _____

Marks Obtained: _____ Faculty Signature: _____ Invigilator Signature: _____

Main Answer sheet	Number of Supplements	Total number of Answer sheets
01		

- Carefully read each question at the outset of the paper. All queries must be addressed to the faculty within the first 10 minutes of the examination.
- Students are expected to maintain complete silence in the examination hall and avoid interacting or communicating with their peers.
- Students must enter the examination hall 10 minutes prior to the scheduled time of the examination.
- Students will carry only their essential Books, notes, pens, pencils, calculators and scales into the examination hall.
- Bags, eatables, drinks, etc. will not be allowed inside the hall with the exception of a bottle of water.
- Cell phones and beeping watches are prohibited in the examination hall. The usage of electronic data banks is prohibited.
- Students will answer the examination with only blue/ black ball point pens unless informed differently by faculty. Avoid usage of green or red ink pens on the answer sheet.
- Dictionaries will not be allowed into examination hall unless informed differently by faculty.
- Students will not be permitted to exit the examination hall 30 minutes prior to end time of an examination. A student leaving the room will have to return his/her paper to the faculty and the paper will be considered as completed.
- Students may be permitted to take a break under exceptional circumstances only if accompanied by an invigilator.

Answer the following questions

Q 1. Match the following items in Column I with a suitable answer from Column II.

(3 marks)

Column I

- a. Pellagra
- b. Scurvy
- c. Anaemia
- d. Tetany
- e. Cretinism
- f. Keratomalacia

Column II

- i. Vitamin A
- ii. Iodine
- iii. Vitamin B
- iv. Vitamin C
- v. Calcium
- vi. Iron

Q 2. Fill in the blanks with a suitable answer:

(3 marks)

- a. The human body stores carbohydrates in the form of _____ in the muscles and liver.
- b. A light sensitive pigment called _____ enables vision in low-light conditions.
- c. The hormone _____ is made by the beta cells found of the islets of Langerhans in the pancreas.

Q 3. Write short notes on any 3 of the following:

(3 marks)

- a. Functions of cholesterol
- b. Role of dietary fibre in health
- c. Classification of proteins on the basis of composition
- d. Nutraceuticals

Q 4. Ms. Marilyn, is a 33-year-old, with a height of 164 cm and weight of 52 kg.

(4 marks)

- a. Calculate BMI and classify it.
- b. Calculate BMR.
- c. List the factors affecting BMR.



Q 5. Answer any 3 of the following:

(6 marks)

- a. List the organs in the digestive system and state the main function of each.
- b. What are the negative effects of excessive carbohydrate consumption?
- c. List the various ways of water loss from the body.
- d. Briefly describe how the human body utilizes carbohydrates from the diet.

Q 6. List the functions, sources, deficiency of any 2 of the following micronutrients:

(4 marks)

- a. Vitamin C
- b. Folic Acid (Vitamin B₉)
- c. Sodium

Q 7. A meal provides 8 g of fats, 20 g of proteins and 125 g of carbohydrates of which 5 g is fibre. Calculate the total calories provided by this meal.

(2 marks)