



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

B. Sc. International Hospitality Management

Type: Semester End Assessment (SEA)

Date: 12/04/2024

Batch and Term: 2023-26 and Term 3 Total Marks: 25

Time Duration: 02 Hours

Course Name: Basic Nutrition

Course Code: IHCH126

Instructor: Ms. Alyce C. Rodrigues

This paper contains 03 pages in addition to the cover page.

Full Name of the Student: _____

Permanent Registration 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 should not interact or communicate with their peers.
- Students will carry only their essential stationery like pens, pencils, ruler and simple calculators 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, electronic data banks, scientific calculators and smart/beeping watches are prohibited in the examination hall.
- 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.



Q1. Match the following items in column I with a suitable answer from column II

(08 X 0.5 Marks = 04 Marks)

COLUMN I

1. Insoluble fiber
2. Soluble fiber
3. Amylase
4. Lipase
5. Maltose
6. Lactose
7. Underweight
8. Overweight

COLUMN II

- A. Breaks down starch
- B. BMI less than 18.5.
- C. Glucose + galactose
- D. Breaks down lipids
- E. BMI range 25 - 29
- F. functions like a broom in the gut
- G. 2 molecules of Glucose
- H. functions like a Sponge in the gut
- I. Glucose + Fructose

Q.2. Answer ANY 4 of the following questions:

(01 Marks each = 04 Marks)

1. What are essential amino acids?
2. What are the 2 negative effects of excessive fat consumption?
3. Define kilocalories.
4. What are phytonutrients and state one dietary source?
5. What are food exchange lists? State 1 use of food exchange list in meal planning.

Q.3. Answer ANY 3 of the following questions:

(03 Marks each = 09 Marks)

1. Suppose a food item contains 30g of protein, 20g of fat, and 120g of carbohydrates, with 5g being dietary fibre. How many calories does this food item provide?
2. Explain in detail any 3 Dietary guidelines for Indians- National Institute Of Nutrition, to maintain ideal body weight and prevent chronic diet-related disorders.



3. Arav has been diagnosed with night Blindness. Which essential vitamin might be lacking in his body? Also, describe one other crucial function this vitamin performs in the body. Recommend two dietary sources that could aid in his recovery process.
4. Drinking 2-3 litres of water by an adult human being is crucial. How does water contribute to bodily functions? (6 points)

Q.4. Draw a diagram and explain in 500 words ANY ONE of the following. (04 Marks)

- A. Describe the concept and importance of a balanced diet and provide a visual representation of this concept using the MyPlate diagram- 2011.
- B. Explain the concept of Water Balance with the help of a diagram. Discuss the two conditions linked to imbalances in water and electrolytes.

Q.5. Given below are the nutrient labels of 2 cookie brands. Analyze the labels and answer the following question. (02 Marks each = 04 Marks)

1. Evaluate nutrients (sodium, Cholesterol, dietary fiber) on both labels based on the %DV using the general 5-20 rule.
2. Give a comparative analysis of the ingredient list of both products. List out 2 the considerations/ points you take into account while reading an ingredient list.



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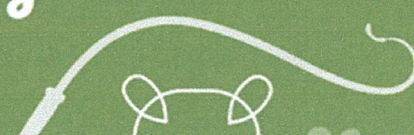
Product A

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
Serving Size: 1 cookie 47g 1 serving per container		Total Fat 14g	18%	Total Carb. 40g	15%
Calories per serving 300		Sat. Fat 4g	21%	Dietary Fiber 3g	11%
		Trans Fat 0g		Total Sugars 23g	
		Cholesterol 30mg	10%	Incl. Added Sugars 22g	44%
		Sodium 300mg	13%	Protein 6g	
<small>Vitamin D 0mcg (0% DV) • Calcium 40mg (4% DV) • Iron 1mg (6% DV) • Potassium 80mg (2% DV)</small>					

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:
Brown Sugar, Whole Grain Oats, Butter (Cream [Milk]), Egg, Pecans, Peanut Butter, Oat Flour, Cane Sugar, Brown Rice Flour, Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Whole Milk Powder, Soy Lecithin, Vanilla Extract), Molasses, Vanilla Extract, Baking Soda (Sodium Bicarbonate), Salt, Natural Mixed Tocopherols (Vitamin E)

Gluten-Free!



Product B

Nutrition Facts		Amount/serving	% DV*	Amount/serving	% DV*
Serving Size: 1 cookie (47g) 1 serving per container		Total Fat 18g	28%	Total Carb. 18g	6%
Calories per serving 210		Sat. Fat 5g	23%	Dietary Fiber 4g	16%
		Trans Fat 0g		Total Sugars 1g	
		Cholesterol 33mg	11%	Incl. Added Sugars 0g	0%
		Sodium 136mg	6%	Protein 5g	10%
<small>Vitamin D 0mcg (0% DV) • Calcium 18mg (1% DV) • Iron 1mg (6% DV) • Potassium 46mg (1% DV)</small>					

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:
Almond Flour, Allulose, Butter, Eggs, White Chocolate Chips (Cocoa Butter, Soluble Corn Fiber, Whole Milk Powder, Sunflower Lecithin, Monk Fruit Extract, Madagascar Bourbon Vanilla Beans), Macadamia Nuts, Natural Vanilla Flavor, Salt, Konjac Powder, Psyllium Husk Powder, Baking Soda (Sodium Bicarbonate), Plant Fibers (Lemon, Pea, Potato, Plantain, Norwegian Kelp), Vitamin E (Natural Mixed Tocopherols), Monk Fruit Extract

18g - 4g - 12g
TOTAL CARBS FIBER ALLULOSE

= 2g Net Carbs!

