



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

B. Sc. Culinary Arts

Type: Semester End Assessment (SEA)

Date: 10/04/2024

Batch and Term: 2023-26 & 2

Total Marks: 25

Time Duration: 02 Hours

Course Name: Basic Nutrition

Course Code: CAO001

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. Fill in the blank with the most appropriate alternative.

(4 X 0.5 Marks = 2 Marks)

<p>1. _____ is the full form of MUFA.</p> <p>A. Multiple Unsaturated Fats</p> <p>B. Monounsaturated Unsaturated Fatty Acid</p> <p>C. Multiple Unsaturated Fatty Acid</p> <p>D. Monounsaturated Unsaturated Fiber</p>
<p>2. Kilocalories is the amount of heat required to raise the temperature of _____.</p> <p>A. 1 kg of gas by 1⁰ C. B. 1 kg of water by 1⁰ C</p> <p>C. 2 kg of water by 1⁰ C. D. 2 kg of mass by 1⁰ C.</p>
<p>3. _____ is a condition in which the energy provided by food is nearly equal to the total energy expended by the body resulting in a steady body weight.</p> <p>A. Equal energy B. Steady energy C. Food balance D. Energy balance</p>
<p>4. Deficiency of _____ causes night blindness.</p> <p>A. Vitamin A B. Vitamin B C. Vitamin C D. Vitamin D</p>

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

(2 Marks each = 8 Marks)

1. Differentiate between soluble dietary fibre and insoluble dietary fibre (2 pt)
2. What are essential amino acids?
3. What are the 2 negative effects of excessive fat consumption?
4. Drinking 2-3 litres of water by an adult human being is crucial. How does water contribute to bodily functions?
5. What are food exchange lists? State 2 uses of food exchange list in meal planning.



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Q.3. Answer ANY 2 of the following questions:

(3 Marks each = 6 Marks)

1. Suppose a food item contains 25g of protein, 15g of fat, and 150g of carbohydrates, with 8g 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. Sarah (7 age) is experiencing symptoms of Rickets. Which essential mineral might be lacking in her body? Also, describe one other crucial function this mineral performs in the body. Recommend two dietary sources that could aid in her recovery process.

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

(04 Marks)

- A. My plate – Balanced Diet
- B. Water balance

Q.5. Given below are the nutrient labels of 2 chocolate bars. Analyze the labels and answer the following question.

(2.5 Marks each= 5 Marks)

1. Evaluate nutrients (sodium, protein, 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.

Product A

INGREDIENTS: Oats, cane sugar, semi-sweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), canola oil, tapioca syrup, brown rice, millet, honey, coconut, buckwheat, amaranth, molasses, brown rice flour, oat flour, gum acacia, quinoa, sea salt, brown rice syrup, vanilla extract, Vitamin E (tocopherols to maintain freshness).

Nutrition Facts	Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
	Total Fat 5g		6%	Total Carb. 23g
	Sat. Fat 1.5g	8%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 8g	
Serving size 1 bar (35g)	Polyunsaturated Fat 1g		Incl. 8g Added Sugars	16%
	Monounsaturated Fat 2.5g		Sugar Alcohol 0g	
Calories per serving 150	Cholesterol 0mg	0%	Protein 2g	
	Sodium 65mg	3%		
	Vitamin D 0% • Calcium 2% • Iron 6% • Potassium 2%			

Allergen Information: Contains coconut and soy.
Made in a facility that processes peanuts, tree nuts and sesame seeds.

Product B

Nutrition Facts	Amount/serving	% DV*	Amount/serving	% DV*
	Total Fat 10g		15%	Total Carb. 28g
	Sat. Fat 5g	25%	Fiber 9g	36%
	Trans Fat 0g		Sugars 2g	
Serv. Size 35g) Servings 1	Cholest. 0mg	0%	Sugar Alcohol 8g	
Calories 210 Fat Cal. 90	Sodium 80mg	3%	Protein 12g	19%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	•	Vitamin C 0%	•
			Calcium 2%	•
				•
				Iron 8%

Ingredients: Rice protein concentrate, sugar free dark chocolate flavored coating (unsweetened chocolate, erythritol, inulin, cocoa butter, soy lecithin [an emulsifier], vanilla, reb A [extract of stevia]), maltitol syrup, isomalto-oligosaccharides (prebiotic fiber), glycerine, natural almond butter, tapioca syrup, brown rice crisp (whole grain brown rice flour [may have added calcium carbonate]), unsweetened chocolate, digestion resistant fiber (Fibersol-2®), coconut oil, natural flavor, cocoa powder (processed with alkali), sea salt, stevia extract.

Allergen Information: Contains almonds, coconut, and soy.
