



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

B.Sc. Culinary Arts

Type: Semester End Assessment (SEA)

Date: 26/04/2023

Batch and Semester: 2022- 25 & II Total Marks: 25

Time Duration: 2 Hours

Course Name: Basic Nutrition

Course Code: CAO001

Instructor: Ms. Alyce 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.

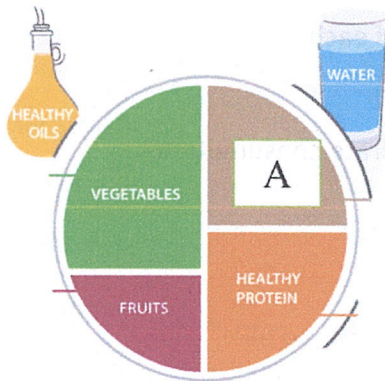


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Q.1. Fill in the blanks with the most appropriate alternative.

(8 X 0.5 marks = 4 Marks)

1. The full form of RDA is _____.			
A. Recommended Dietary Allowance	C. Recommended Dietary Amount		
B. Required Dietary Allowance	D. Required Daily Allowance		
2. _____ are the pancreatic enzymes that digest proteins in the small intestine.			
A. Amylase, lactase and sucrase			
B. Trypsin, chymotrypsin and carboxypeptidase			
C. Trypsin, amylase and lactase			
D. Lipase, chymotrypsin and carboxypeptidase			
3. _____ is a severe form of Protein Energy Malnutrition.			
A. Rickets in children	B. Anemia	C. Kwashiorkor	D. Goiter
4. _____ is defined as the amount of heat required to raise the temperature of 1 kg of water by 1 ⁰ C.			
A. Kilocalories	B. Joules	C. Kilo joules	D. Calories
5. _____ are the nutrients needed to build and maintain the structural component of the body.			
A. Proteins	B. Carbohydrates	C. Vitamins	D. Fats
6. _____ monosaccharide is present in milk.			
A. Maltose	B. Glucose	C. Fructose	D. Lactose
7. _____ 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.			
A. Energy balance	B. Steady energy	C. Food balance	D. Equal energy



8. The portion labelled as A in the above diagram of MY PLATE is _____.

- A. whole grains B. milk product C. fish D. pulses

Q.2. Match the column I micronutrient with the deficiency in column II. (0.5 Marks each = 03 Marks)

COLUMN I – MICRONUTRIENT

1. Vitamin K
2. Calcium
3. Vitamin C
4. Vitamin B1
5. Vitamin A
6. Vitamin B3

COLUMN II – DEFICIENCY

- a) Beri beri
- b) Hemorrhage
- c) Rickett
- d) Night blindness
- e) Pellagra
- f) Scurvy

Q.3. Answer ANY ONE of the following.

(03 Marks)

1. Rochelle is diagnosed with anemia. Which mineral is deficient in her body? Suggest 2 food items in her diet to speed her recovery.
2. Peter is suffering from goiter. Which mineral is deficient in his body? Suggest 2 food items in his diet to speed his recovery.



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Q.4. Answer ANY 6 of the following questions:

(1 Mark each = 06 Marks)

1. Discuss two main sources of protein with one example of each.
2. Explain the role of fat in human bodily function (2 points).
3. What are the two negative effects of excessive carbohydrate consumption?
4. Write a short note on a balanced diet.
5. What are food exchange lists?
6. Discuss antioxidants.
7. List two diet modifications for pregnant women.

Q.5 Answer ANY 6 of the following questions:

(1 Mark each = 06 Marks)

1. Explain lactose intolerance.
2. What are essential amino acids?
3. What role does water play in the body?
4. What are phytonutrients? Give an example of food rich in phytonutrients.
5. Differentiate between soluble dietary fiber and insoluble dietary fiber. (2 points)
6. What are probiotics?
7. List two factors affecting BMR.

Q.6. Diagrammatically explain ANY ONE of the following.

(03 Marks)

1. Modified diet.
2. Classification of carbohydrates.