

B.Sc. International Hospitality Management

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Typ	oe: Semester End Assessmen	t (SEA)			Date: 16/01/2023	
Bat	tch and Semester: 2022 - 20	25 and Term 2	Total Marks	: 25	Time Duration: 2 Hou	rs
Cou	urse Name: Basic Nutrition				Course Code: IHCH 12	6
Ins	tructor: Alyce Rodrigues					
Thi	s paper contains 03 page in a	addition to the cover p	age.			
Ful	l Name of the Student:					
Per	manent Registration Number	er:		Class:		
Marks Obtained: Faculty Signar				Invigilator Si	gnature:	
	Main Answer sheet	Number of Suppler	nents	Total numbe	r of Answer sheets	
	01	,				

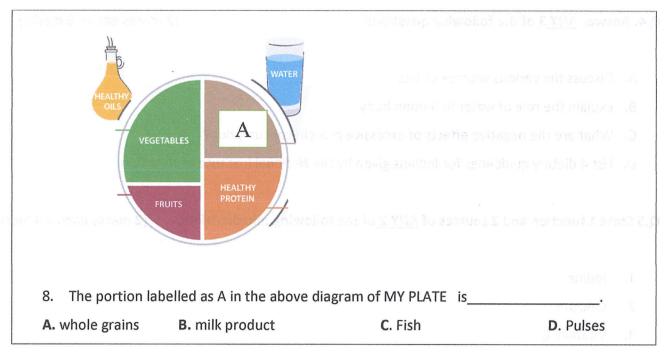
- Carefully read each question at the outset of the paper. All queries must be addressed to the faculty within the first 10 minutes of the examination.
- Students are expected to maintain complete silence in the examination hall and should not interact or communicate with their peers.
- Students will 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.



Q.1. Fill in the blank by selecting the most appropriate alternative from those given below each statement. (1 marks each = 4 marks)

1.	The full form of BI	VII is		4	
A.	Body Mass Index	B. Body Matrix Index	C. Basal Mass Index D	. Basal Matrix Index	
2.	is an	enzyme that digest fat	s in small intestine.	69-0	
Δ	A. Amylase	B. Trypsin	C. Lactase	D. Lipase	
3.		_is a severe form of Pr	otein Energy Malnutrition	1.	
A	. Marasmus	B. Anemia	C. Rickets in children	D. Goiter	
4.	Kilocalories is the	amount of heat require	ed to raise the temperatur	re of	
	A. 1 kg of water by 1 ⁰ C.		B. 1 kg of gas by 1 ⁰ C.		
	C. 2 kg of water by 1°C.		D . 2 kg of mass by 1 ⁰ C.		
5.	ar	e the nutrients needed	for thermal insulation of	the human body.	
	A. Proteins	B. Carbohydrates	C. Vitamins	D. Fats	
6.	disaccharide is present in table sugar.				
	A. Lactose	B. Sucrose	C. Fructose	D. Maltose	
7.		is an essential	polyunsaturated fatty acid	d.	
Α.	Omega 1	B. Omega 2	C. Omega 3	D. Omega 4	





Q.2. Match the micronutrient in column I with the deficiency in column II.

(0.5 marks each = 3 marks)

COLUMN I – MICRONUTRIENT

- 1. Vitamin K
- 2. lodine
- 3. Iron
- 4. Vitamin A
- 5. Calcium
- 6. Vitamin B1

COLUMN II – DEFICIENCY

- a) Anemia
- b) Hemorrhage
- c) Rickett
- d) Night blindness
- e) Goiter
- f) Beri Beri

Q.3. Write a short note on ANY 2 of the following questions.

(1 marks each = 2 marks)

- A. Oligosaccharide
- B. Probiotic
- C. Lactose intolerance

Basic Nutrition



Q.4. Answer ANY 3 of the following questions:

(2 marks each = 6 marks)

- A. Discuss the various sources of fats.
- B. Explain the role of water in human body.
- C. What are the negative effects of excessive protein consumption?
- D. List 4 dietary guidelines for Indians given by the National Institute of Nutrition.

Q.5 State 1 function and 2 sources of ANY 2 of the following micronutrient.

(2 marks each = 4 marks)

- 1. lodine
- 2. Calcium
- 3. Vitamin C
- 4. Vitamin D

Q.6 Answer the following question.

(1 marks each = 3 marks)

- 1. Mr. James, is 33 years old, weighing 85 kg, with BMI 33.5.
- A. State his BMI category.
- B. Calculate his BMR.
- C. List 2 factors affecting BMR.

Q.7. Diagrammatically explain ANY ONE of the following.

(3 marks)

- A. Classification of carbohydrate using a graphic organizer/ flowchart.
- B. Water balance