



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

B.Sc. International Hospitality Management

Type: Semester End Assessment (SEA)

Date: 16/01/2023

Batch and Semester: 2022 - 2025 and Term 2

Total Marks: 25

Time Duration: 2 Hours

Course Name: Basic Nutrition

Course Code: IHCH 126

Instructor: Alyce Rodrigues

This paper contains 03 page 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.



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 BMI is _____.
A. Body Mass Index B. Body Matrix Index C. Basal Mass Index D. Basal Matrix Index
2. _____ is an enzyme that digest fats in small intestine.
A. Amylase B. Trypsin C. Lactase D. Lipase
3. _____ is a severe form of Protein Energy Malnutrition.
A. Marasmus B. Anemia C. Rickets in children D. Goiter
4. Kilocalories is the amount of heat required to raise the temperature 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 ⁰ C. D. 2 kg of mass by 1 ⁰ C.
5. _____ are 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.
A. Omega 1 B. Omega 2 C. Omega 3 D. Omega 4



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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 micronutrient in column I with the deficiency in column II. (0.5 marks each = 3 marks)

COLUMN I – MICRONUTRIENT

1. Vitamin K
2. Iodine
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



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. Iodine
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