

S.No. 3641

16 SCCHM 4

(For candidates admitted from 2016–2021 batch)

B.Sc. DEGREE EXAMINATION, NOVEMBER 2023.

**Part III — Hotel Management and Catering
Science – Major**

NUTRITION AND FOOD SCIENCE

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20)

Answer ALL questions.

1. Give the dietary recommendations for an adolescent boy.
2. Define health.
3. How is MUAC measured?
4. What is meant by 24 hour dietary recall?
5. What are the symptoms of marasmus?
6. List the causes of obesity.
7. What is the method for testing the presence of sesame oil in ghee?

8. What are the objectives of the mid day meal programme?
9. What are the ill effects of malnutrition?
10. Write about the need for nutrition education.

PART B — (5 × 5 = 25)

Answer ALL questions choosing either (a) or (b).

11. (a) Mention the criteria to be considered for a balanced diet.

Or

- (b) How is nutrition related to the health of an individual?

12. (a) What are the clinical methods of nutrition assessment?

Or

- (b) What are the advantages and limitations of food balance sheets?

13. (a) Write in detail about the symptoms and preventive methods of IDD.

Or

- (b) What is the role of AGMARK in maintaining food quality standards?

14. (a) What are the objectives of national nutrition policy?

Or

- (b) Give the role of FAO in combating malnutrition.

15. (a) What are the principles of nutrition education?

Or

- (b) What is questionnaire method? Give its advantages.

PART C — (3 × 10 = 30)

Answer any THREE questions.

16. Discuss the basic principles of meal planning.
17. Write in detail about the different methods of biochemical assessment.
18. Write a note on the types of PEM.
19. What are the schemes and policies of WHO?
20. Describe the various group contact methods of nutrition education.