B.H.M.C.T. Sem-III (2010 Course) : SUMMER - 2019
SUBJECT: CATERING SCIENCE-II

Day:	Friday		**Time:** 02.00 PM To 05.00 PM
Date:	03/05/2019	**S-2019-2464**	**Max. Marks: 80**

N.B:

1) All questions are **COMPULSORY.**
2) All questions carry **EQUAL** marks.

Q.1 Answer **ANY EIGHT** from the following: (16)

a) Explain the term malnutrition along with their types.
b) Write 4 sources of first class protein.
c) Name all the water soluble and fat soluble vitamins.
d) What is hydrogenation of oil? Give one example.
e) Write the name of diseases which can occur due to excess consumption of dietary fat.
f) Write 4 rich food sources of dietary sodium (except salt).
g) Why fruits should be eaten immediately after cutting?
h) Explain the term "emulsion" with an example.
i) Define the term smoke point and boiling point.
j) Write two good food sources of retinol and β carotene.

Q.2 Answer **ANY FOUR** from the following: (16)

a) Explain enzymatic and non enzymatic browning reactions.
b) Mention the ways for preservation of nutrients while cooking.
c) Mention the ways to reduce dietary fat the food.
d) Write any two foods to be included and any two foods to be avoided for the patients with jaundice.
e) Write a short note on the concept of solution in catering establishment.

Q.3 Answer **ANY TWO** from the following: (16)

a) Explain desirable and non desirable browning reactions. What are non enzymatic browning reactions?
b) Explain the role of fiber in maintaining health. State any two fiber rich food.
c) Draw food pyramid. Explain in detail five food groups.

Q.4 Answer **ANY FOUR** from the following: (16)

a) Write any two functions and Two food sources of saturated fat.
b) Mention the ways to improve protein quality and quantity in food.
c) Write short note on food additives.
d) Mention the names of macronutrients and micronutrients. Write two functions and two food sources of any 2micro nutrients.
E) Mention 2 recipes along with Ingredients and cooking methods rich in calories and 2 recipes of protein.

Q.5 Answer **ANY TWO** from the following: (16)

a) Explain the concept of therapeutic diet.
b) Plan a diet for an adult female of body weight 55 kg height 160cm (energy = 1800 kcal, protein = 55 gm)
c) Convert the following:
i) 95^0C to ^0F ii) 110^0C to 0^F
iii) 112^0F to ^0C iv) 150^0F to ^0C

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