

QP CODE: 24900104



Reg No:.....

Name:.....

MAHATMA GANDHI UNIVERSITY, KOTTAYAM
FIRST SEMESTER MGU-UGP (HONOURS) REGULAR
EXAMINATION NOVEMBER 2024

First Semester

**Discipline Specific Core Course - MG1DSCFNN100 - BASIC NUTRITION FOR
HOTEL OPERATIONS**

(2024 ADMISSION ONWARDS)

Duration: 1.5 Hours

Maximum Marks: 50

**Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Interest (I),
Appreciation (Ap), and Skill (S)**

*Students should attempt atleast one question from each course outcome to enhance their overall
outcome attainability.*

[Learning Domain][CO No(s)]

Part A

Short Answer Questions

Answer any 10 questions.

Each question carries 2 marks

- | | | | |
|---|---|-----|-----|
| 1 | Name the six classes of nutrients | [U] | [1] |
| 2 | Define malnutrition? | [U] | [1] |
| 3 | How is Health is defined by WHO? | [U] | [1] |
| 4 | What is nutritional status? | [U] | [1] |
| 5 | Classify the protein based on the nutritional value | [U] | [2] |
| 6 | List the functions of vitamin C | [U] | [2] |
| 7 | What is tertiary structure of protien? | [U] | [2] |
| 8 | What are non essential amino acids? | [K] | [2] |

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|----|---|-----|-----|
| 9 | What is physiological function of foods? | [U] | [3] |
| 10 | What are hollow-calorie foods? | [K] | [5] |
| 11 | What is meal frequency? | [U] | [4] |
| 12 | List the factors affecting meal planning? | [K] | [4] |
| 13 | List the components of a balanced diet? | [U] | [4] |
| 14 | How economic considerations affects the meal planning | [U] | [4] |
| 15 | Classify the lipids based on the origin | [K] | [2] |

(10 × 2 = 20)

Part B

Short Essay Type Questions

Answer 4 questions.

Each question carries 5 marks

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|----|---|-----|--------|
| 16 | Briefly explain the function of foods? | [U] | [1, 3] |
| 17 | What are the main functions of proteins in the body? | [K] | [2] |
| 18 | Explain about the Vitamin B complexes, their function and dietary sources | [U] | [2] |
| 19 | Explain the social and psychological functions of food in everyday life? | [U] | [3] |
| 20 | What are the factors that affect Basal Metabolic Rate (BMR)? | [K] | [5] |
| 21 | Explain about vitamin D and its major function and sources? | [U] | [2] |

(4 × 5 = 20)

Part C

Essay Type Questions

Answer any 1 question .

Question carries 10 marks

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|----|--|-----|--------|
| 22 | Discuss the classification of carbohydrates, including their functions, types (monosaccharides, disaccharides, oligosaccharides, polysaccharides), and dietary sources.? | [U] | [1, 2] |
| 23 | Explain the relationship between Basal Metabolic Rate (BMR), energy expenditure, and body weight regulation. What factors influence BMR, and how can it be managed for weight control? | [U] | [1, 5] |
| 24 | Describe the importance and principles of meal planning? | [U] | [1, 4] |

(1 × 10 = 10)

END OF THE QUESTION PAPER
