**INSTITUTE OF HOTEL MANAGEMENT AND CATERING TECHNOLOGY**

**THIRUVANANTHAPURAM**

**MID TERM / INTERNAL ASSESSMENT JUNE – JULY 2020**

**(for Regular/ Reappear/ Compartment students of 1 ½ Year Diploma in Food Production)**

**SUBJECT: NUTRITION MAX MARKS: 50**

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**Instructions:**

1. Candidates are required to write the examination in the following format:
   1. **Paper size – A4, Blue ink only**
   2. **First Page** – Name, Roll Number, Subject Name, Subject Code, Date & Name of the Examination: Midterm / Internal Assessment June – July 2020
2. All pages to be numbered and **neatly tagged.** Number of the pages / Total pages (example 3/10)
3. The answer booklet must be sent to “The Principal, IHMCT, G.V.Raja Road, Kovalam.P.O, Thiruvananthapuram – 695527” by **speed post** only.
4. The answer booklet must reach the institute by **03.07.2020**.

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**All questions carry 10 marks. Attempt any 5 questions.**

1. Discuss the importance of food in maintaining good health.
2. What are the functions of proteins in our body? Briefly explain.
3. Classify Vitamins and explain the functions of Vitamin C.
4. What are the various factors that affect menu planning in relation to nutrition?
5. Explain the concept of balance diet. Also explain the significance of fibre in our body.
6. Explain the classification of carbohydrates and its functions.
7. Explain the following terms: (5x2=10marks)

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| 1. RDA 2. Essential fatty acids 3. Anaemia | 1. SDA 2. BMR |

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