

## IMBA in AVI (NEP) Sem.-5 Examination

SEC-356

## Health, Nutrition &amp; Food Adulteration

Time : 1.00 Hour]

December-2025

[Max.Marks : 25

**Guidelines for SEE**

- **Figures to the right indicate Full Marks.**
- **Do not write anything on the question paper.**
- **Do not use scientific calculator.**

<b>Q1.</b>	<b>i.</b> Explain <b>any two</b> macronutrients in detail. Discuss their functions and suitable food sources for aviation OR hotel professionals.	<b>07</b>
	<b>ii.</b> Define RDA. Explain any two factors influencing RDA.	<b>03</b>
	<b>OR</b>	
	<b>i.</b> Describe the role of fats and proteins in maintaining work stamina and performance among airline crew OR hotel staff.	<b>07</b>
	<b>ii.</b> Write any three benefits of following RDA guidelines in the daily diet.	<b>03</b>
<b>Q2</b>	<b>i.</b> Discuss micronutrient deficiencies commonly seen. Explain with any three examples (Vitamin D, Iron, Vitamin C, etc.).	<b>07</b>
	<b>ii.</b> What is BMI? Write its formula and classification ranges.	<b>03</b>
	<b>OR</b>	
	<b>i.</b> Explain the importance of vitamins and minerals in immunity building. Give any three examples.	<b>07</b>
	<b>ii.</b> Write any three limitations of BMI.	<b>03</b>
<b>Q3.</b>	<b>Answer the short questions (ANY FIVE).</b>	<b>05</b>
<b>01</b>	Name one fat-soluble vitamin.	<b>01</b>
<b>02</b>	What is the energy value of 1 g carbohydrate?	<b>01</b>
<b>03</b>	Name one toxin found in canned foods.	<b>01</b>
<b>04</b>	Expand HACCP.	<b>01</b>
<b>05</b>	What is the normal BMI range?	<b>01</b>
<b>06</b>	Write one example of incidental adulteration.	<b>01</b>
<b>07</b>	Name one food rich in protein.	<b>01</b>