

**BBA in AVI (NEP) Sem.-5 Examination
SEC-356**

Health, Nutrition & 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.**

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