


Name:			
Enrolment No:			
UPES End Semester Examination, May 2025			
Program Name: BSC FND Course Name: Meal Planning Course Code: HSND2012 Instructions: Read all the questions carefully		Semester : IV Time : 3 hrs Max. Marks: 100	
S. No.	Section A Short answer questions/ MCQ/T&F (20Qx1.5M= 30 Marks)	Marks	COs
Q 1	What are essential amino acids?	1.5	CO4
Q 2	What is A la Carte Menu?	1.5	CO1
Q 3	One exchange of pulse gives.....gm of carbohydrate	1.5	CO5
Q 4	Differentiate between sanitation and safety.	1.5	CO1
Q 5	Name three sanitation control methods.	1.5	CO2
Q 6	What is HACCP?	1.5	CO4
Q 7	What is BIS?	1.5	CO3
Q 8	Expand CAC.	1.5	CO2
Q 9	What are the three disadvantages of Atkins diet?	1.5	CO3
Q 10	Differentiate between RDA and EAR.	1.5	CO1
Q 11	Two exchanges of fruits give..... of kcal	1.5	CO4
Q 12	Calculate your ideal body weight.	1.5	CO3
Q 13	Expand ISO.	1.5	CO5
Q 14	Name two common methods for recipe adjustments.	1.5	CO3
Q 15	What are the two barriers of the vegan diet?	1.5	CO3
Q 16	Define mutual supplementation.	1.5	CO2
Q 17	What is parboiling?	1.5	CO3
Q 18	What are determinants of nutrient requirement?	1.5	CO3
Q 19	What is GM diet?	1.5	CO2
Q 20	Write two usage of exchange list.	1.5	CO3
Section B (4Qx5M=20 Marks)			
Q 1	Enumerate are the various myths related to hot and cold food?	5	CO4
Q 2	Describe the benefits and barriers of a vegan diet?	5	CO3

Q 3	Identify and describe are the various modes of transmission of infection in food service	5	CO1
Q 4	Differentiate between centralized and group purchasing.	5	CO1
Section C (2Qx15M=30 Marks)			
Q 1	Explain the HACCP (Hazard Analysis and Critical Control Points) approach. What are Critical Control Points (CCPs)? Provide examples. How is the HACCP system applied in the catering industry?	5+15	CO3
Q 2	What are the causes of contamination? Give examples of bacterial, viral, parasitic and naturally occurring toxicants in foods.	5+15	CO1
Section D (2Qx10M=20 Marks)			
Q 1	Describe the factors affecting meal planning and food related behavior?	10	CO3
Q 2	What are the various types of menus and their applications?	10	CO2