



UNIVERSITY WITH A PURPOSE

**UNIVERSITY OF PETROLEUM AND ENERGY  
STUDIES**

**End Semester Examination, December 2021**

**Course: Meal Planning and Recipe Development**

**Semester : V**

**Program: BSc FND**

**Duration : 03 hrs.**

**Course Code: HSCC3003**

**Max. Marks : 100**

**Instructions: Read carefully**

	<b>SECTION A (Type the answers in test box)</b>	<b>(20Q x1.5M= 30 Marks)</b>	<b>CO</b>
	<b>MCQs or Fill in the blanks</b>	<b>Marks</b>	<b>CO</b>
<b>Q1</b>	Average Calcium requirement ..... For 0 to 1 year child. 1) 300mg/day 2) 400mg/day 3) 700mg/day 4) 800mg/day	<b>1.5</b>	<b>CO2</b>
<b>Q2</b>	.....should be off running consistency 1) Weaning food 2) Soft food 3) Bland Food 4) Hospital diet	<b>1.5</b>	<b>CO1</b>
<b>Q3</b>	The average age for girls to begin her puberty is ..... 1) 11-13 year 2) 12-14 year 3) 14-16 year 4) 13-15 year	<b>1.5</b>	<b>CO1</b>
<b>Q4</b>	AS per RDA 2021 minimum requirement of iron .....for man 1) 19mg/day 2) 20mg/day 3) 21mg/day 4) 18mg/day	<b>1.5</b>	<b>CO3</b>
<b>Q5</b>	Average weight for 5 feet male is.... 1) 45kg 2) 48kg 3) 49kg 4) 50kg	<b>1.5</b>	<b>CO1</b>
<b>Q6</b>	It is a triangle diagram, representing the optimal number serving to be eaten each day from the each food group is called.....	<b>1.5</b>	<b>CO1</b>

	<ol style="list-style-type: none"> <li>1) Food guide</li> <li>2) Food pyramid</li> <li>3) RDA</li> <li>4) Food design</li> </ol>		
<b>Q7</b>	<p>Protective foods are essential for providing .....</p> <ol style="list-style-type: none"> <li>1) Dietary fat</li> <li>2) Vitamins, minerals and fiber</li> <li>3) carbohydrate</li> <li>4) Protein</li> </ol>	<b>1.5</b>	<b>CO5</b>
<b>Q8</b>	<p>A balanced diet should provide around ....of total calories from carbohydrates, preferably from complex carbohydrates, about from proteins and from both visible and invisible fat.</p> <ol style="list-style-type: none"> <li>1) 50-60% , 10-15% and 20-30%</li> <li>2) 40-50% , 15-25% and 25-30%</li> <li>3) 30-60% , 20-15% and 30-40%</li> <li>4) 40-70% , 18-25% and 17-28%</li> </ol>	<b>1.5</b>	<b>CO1</b>
<b>Q9</b>	<p>Pancreatic cells manufacture .....for absorption into the bloodstream.</p> <ol style="list-style-type: none"> <li>1) glucagon, insulin and somatostatin</li> <li>2) Vitamins, minerals and fiber</li> <li>3) Carbohydrate, protein and fat</li> <li>4) Protein, carbohydrate and fiber</li> </ol>	<b>1.5</b>	<b>CO1</b>
<b>Q10</b>	<p>.....is an inflammation of the pancreas and is characterized by edema.</p> <ol style="list-style-type: none"> <li>1) Hyperlipidemia</li> <li>2) Pancreatitis</li> <li>3) Liver disease</li> <li>4) Gall bladder disease</li> </ol>	<b>1.5</b>	<b>CO3</b>
<b>Q11</b>	<p>What is the full form REE?</p> <ol style="list-style-type: none"> <li>1) Resting energy expenditure</li> <li>2) Rapid energy expenditure</li> <li>3) Rapid enzyme expenditure</li> <li>4) Resting enzyme expenditure</li> </ol>	<b>1.5</b>	<b>CO5</b>
<b>Q12</b>	<p>The total energy requirement of various age group can be expressed in term of ..... values</p> <ol style="list-style-type: none"> <li>1) Body energy requirement</li> <li>2) Basal energy requirement</li> <li>3) Daily energy requirement</li> <li>4) Basal metabolic rate</li> </ol>	<b>1.5</b>	<b>CO4</b>
<b>Q13</b>	<p>Physical measurements that can be compared to standards in order to reveal the nutritional status, growth, and health of an individual is called</p> <ol style="list-style-type: none"> <li>1) Anthropometric measurement</li> <li>2) Biochemical test</li> <li>3) Clinical test</li> <li>4) Nutritional test</li> </ol>	<b>1.5</b>	<b>CO3</b>

<b>Q14</b>	A sharp increase in postprandial blood glucose concentration that declines rapidly is called  1) Low GI Food 2) High GI Food 3) Moderate GI Food 4) Functional Food	<b>1.5</b>	<b>CO1</b>
<b>Q15</b>	Which of the following foods is not a good source of iodine rich diet? 1) Fish, 2) Milk, 3) Wheat, 4) Salt	<b>1.5</b>	<b>CO5</b>
<b>Q16</b>	Which one of the following step is important for planning meal for family? 1) Low calorie food 2) Economical and time saving approach of meal selection 3) High protein food 4) Functional Food	<b>1.5</b>	<b>CO4</b>
<b>Q17</b>	The minimum protein value of whole lentil and pulses are .....per 100 gram.  1) 15-30 gram 2) 15 -25 gram 3) 10-15 gram 4) 5-10 gram	<b>1.5</b>	<b>CO3</b>
<b>Q18</b>	Dry coconut contains .....gram fat in 100gram 1) 15-30 gram 2) 15 -25 gram 3) 60-65 gram 4) 5-10 gram	<b>1.5</b>	<b>CO1</b>
<b>Q19</b>	.....defined as an adverse immune response to food proteins 1) Immune disease 2) Food guide 3) Food infection 4) Food allergy,	<b>1.5</b>	<b>CO2</b>
<b>Q20</b>	The recommended values for phosphorus for all age groups except for infants are ratio with calcium. a) As per age b) 2:2 c) 1:2 d) 1:1	<b>1.5</b>	<b>CO1</b>
	<b>SECTION B</b> <b>(Scan and upload)</b>	<b>(4Qx5M=20 Marks)</b>	<b>CO</b>
<b>Q</b>	<b>Short Answer Type Question (5 marks each)</b>		

1.	Enlist factors which affect food groups?	5	CO1
2.	Illustrate principles of meal planning-planning for breakfast and lunch?	5	CO2
3.	Write down comparison between Superfood and functional food?	5	CO4
4.	Write down dietary treatment with meal plan for high grade fever?	5	CO3
<b>SECTION C (Scan and upload)</b>		<b>(2Qx15M=30 Marks)</b>	<b>CO</b>
<b>Q</b>	<b>Two case studies 15 marks each subsections</b>		
1.	A 1-year child admit in hospital with lower abdominal pain, vomiting. Child is experienced of irregular pulse rate. <ul style="list-style-type: none"> <li>• Identify the complication. 1 marks</li> <li>• What are diet precautions for one year child? 3 marks</li> <li>• What type of interventions you suggested to child? 5 marks</li> <li>• What are the possible causes and risk factors associated with the disease? 4 marks</li> <li>• What are the Dietary treatment of the disease? 2 marks</li> </ul>	<b>15</b>	<b>CO2</b>
2.	A 40-year old man admit in hospital with gastric pain and vomiting , swelling of the lips, tongue, he is experiencing shortness of breath <ul style="list-style-type: none"> <li>• Identify the disease. 2 marks</li> <li>• What are the biochemical tests used for the confirmation of disease? 3 marks</li> <li>• What type of diet you can suggest to above patient? 5 marks</li> <li>• What are the possible causes and risk factors associated with the disease? 5 marks</li> </ul>	<b>15</b>	<b>CO5</b>
<b>SECTION- D (Scan and upload)</b>		<b>(2Qx10M=20 Marks)</b>	<b>CO</b>
<b>Q</b>	<b>Long Answer type Question</b>		
1.	Describe stages of pre-school child with their dietary requirements?	<b>10</b>	<b>CO4</b>
2.	Evaluate physiological factors of geriatric population with their meal interventions?	<b>10</b>	<b>CO3</b>