

Roll No. \_\_\_\_\_

**Model Paper “Meal Management” Second Year  
Diploma in Nutrition Sciences & Hygiene (02 Year Course)  
For Annual Examination 2023 & Onwards (DNSH)**

Marks: 20

Time: 30 Minutes

**OBJECTIVE**

**Note: This part is compulsory. It should be attempted on the paper & returned to the supervisory staff & after the prescribed time. Use of ink remover, Lead Pencil, cutting or over writing is not allowed.**

**Q. Choose & encircle the correct answer.**

**(20x1)=20**

Q1. Something considered very desirable and significant is known as:

- A. Value
- B. Management
- C. Goal
- D. Standards

Q2. An objective worthy of considerable effort to achieve it is known as:

- A. Value
- B. Standards
- C. Goal
- D. Management

Q3. China has ----- with cereal on the bottom

- A. Half rainbow
- B. Five tired pagoda
- C. My Pyramid
- D. Piramide Alimentaria Para Puerto Rico

Q4. Daily nutrient intake estimated to meet the requirement of half of the healthy people in a life stage and gender group is

- A. RDA
- B. EAR
- C. DRV
- D. DRI

Q4. Scale of reference values used to plan and assess nutrient intake is

- A. DRI
- B. AI
- C. EAR
- D. RDA

Q5. ----- Requires ingredients labelling on all packaged foods

- A. Federal Legislation
- B. Food and Drug Administration
- C. Food Authority
- D. Food and Drug Authority

Q6. Static menu is efficient approach for

- A. Restaurants
- B. Schools
- C. Organizations
- D. Hospitals

Q7. Food texture is also referred to as:

- A. Mouth Feel
- B. Tongue Feel
- C. Texture contrast
- D. Tactile Texture

Q8. Supermarkets captures about        percent of the groceries

- A. 55%
- B. 65%
- C. 85%
- D. 75%

Q9. Discount stores offer about        percent more items than large supermarkets

- A. 10%
- B. 20%
- C. 30%
- D. 40%

Q10. Price of an ounce of a product to facilitate price comparison by shoppers is

- A. Unit pricing
- B. Loss leader
- C. Barcode
- D. Open Dating

Q11. Which item is not well suited to prepare in pressure saucepan

- A. Pot Roast
- B. Legumes
- C. Potatoes
- D. Eggs

Q12. Crock pots are designed to heat food above

- A. 140 F
- B. 140 C
- C. 110 F
- D. 110 C

Q13. Freezer is designed to maintain a temperature of        and lower

- A. 0 F
- B. 0 C
- C. -2 F
- D. -2 C

Q14. Gold plated flatware containing some gold in an alloy is

- A. Dirilyte
- B. Vermeil
- C. Silver plate
- D. Bone Porcelain

Q15. Alloy of aluminum, copper and nickel used in making gold colored flatware is

- A. Silver-plate
- B. Dirilyte
- C. Vermeil
- D. Bone Porcelain

Q16. What is size and snack and breakfast napkins?

- A. 18-24 inch
- B. 11-13 inch
- C. 16-18 inch
- D. 14-17 inch

Q17. In Russian service food is served from \_\_\_\_\_ side of the diner

- A. Left
- B. Right
- C. Both
- D. Middle

Q18. Items sold at a very low price to draw shoppers into store is

- A. Loss leader
- B. Unit pricing
- C. Open dating
- D. Bar Code

Q19. What are not the key factors of people being served in the menu planning?

- A. Cultural and Ethnic Background
- B. Age and health condition
- C. Religious Dietary Consideration
- D. Size and shape

Q20. Cup of raw veg is equal to 1 serve

- A.  $\frac{1}{2}$  cup
- B.  $\frac{3}{4}$  cup
- C.  $\frac{1}{4}$  cup
- D. 1 cup

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SUBJECTIVE**

**Time 2 Hrs 30 Minutes**

**Marks: 80**

**SECTION-1**

**Q.1 Write short answer to any twenty-five (25) from the following questions. (25x2=50)**

- i. Enlist and describe six Steps of Management?
- ii. Discuss DASH Eating Plan?
- iii. Define Recommended Dietary Allowances?
- iv. Define Daily Reference Values?
- v. Explain how availability of Resources contributes in Menu Planning?
- vi. What is Difference between Niche Market and Farmers Market?
- vii. What is ingredient labelling?
- viii. Describe usage of microwave oven?
- ix. Discuss Stainless Steel Flatware?
- x. What is difference between underglaze and overglazed porcelain?
- xi. What are Advantages of using Tablecloth?
- xii. What objects can be used as a Centerpiece in Table Setting? And how to place them?
- xiii. Define Dinner Ware?
- xiv. Write a short note on Blue-Plate Service?
- xv. What is American Service?
- xvi. Give any two USDA Food Guidelines?
- xvii. Mention any 5 Table Etiquettes?
- xviii. Discuss Food Group segregation in My Pyramid?
- xix. Enlist Food Allergan's which are required to be mentioned in Food Labelling?
- xx. What are single use menus?
- xxi. Define Barcodes and its importance?
- xxii. How to place mats in a Table Setting?
- xxiii. Define value?
- xxiv. What is the difference between a Meal and a Menu?
- xxv. Define adequate intake?
- xxvi. What are Stemware's?
- xxvii. How to fold a Napkin in Triangle Fold?
- xxviii. Describe Canadian Visual Representation of Nutritional Recommendation?
- xxix. How is Nutritive Value a factor of Menu Planning? Explain?
- xxx. Define Family Service?
- xxxi. What is BMI for obese?
- xxxii. What are convenience stores?
- xxxiii. Name the services which come under Formal Style of Service?
- xxxiv. What are ways to make cleanup easier in Meal Management?
- xxxv. What are the advantages of Dishwasher?
- xxxvi. Enlist Perishable Items?
- xxxvii. What is Shelf Life?

## **SECTION-II**

**NOTE: Attempt any three (03) long questions.**

**(3x10=30)**

**Q2.** What are factors of food selection in menu planning? Explain the factors in detail?

**Q3.** Describe the Hosts and Guests roles in Hospitality?

**Q4.** Write a Detailed note on Flatware?

**Q5** What are the factors in selecting a Food Market? Elaborate the factors?

**Q6.** What is Buffet Service? Fully explain the Arrangement?