

Time: 2 ½ Hours

Marks: 75

Q.1. Answer the following:

a) Fill in the blanks:

(5)

- \_\_\_\_\_ is the most complex and difficult aspect of producing edible 3D printed objects.
- \_\_\_\_\_ are people who do not eat or use animal products.
- As per Kosher dietary guidelines, \_\_\_\_\_ pairing is banned.
- \_\_\_\_\_ is one of the most common still frozen desserts in India.
- Sorbets are commonly known as \_\_\_\_\_.

b) Match the following:

(5)

NO	COLUMN A	NO	COLUMN B
<u>1</u>	Plant based meats	<u>A</u>	Wheat protein
<u>2</u>	Farm to fork concept	<u>B</u>	Panettone
<u>3</u>	Gluten	<u>C</u>	Knowing where your food come from
<u>4</u>	Italian Christmas cake	<u>D</u>	Water ice
<u>5</u>	Russian dessert	<u>E</u>	Plant or whey proteins
		<u>F</u>	Blinis

c) Explain the following in one line:

(5)

- Tiramisu
- Sous vide cooking
- Organic farming
- Keto diet plan
- DASH diet plan.

Q.2. Answer the following questions (any 3)

(15)

- Explain, briefly, the benefits of following an Ayurvedic diet.
- Discuss the reasons for the growing popularity of the concept of Farm to Fork foods.
- Explain the benefits of sous vide cooking.
- What is plant-based meats? What are the components of PBM?
- Discuss the major causes for the increase in Food Miles.
- Discuss the disadvantages of organic food products to the catering industry.

Q.3. Answer the following questions (**any 3**) (15)

1. Discuss the health benefits of following a vegan diet plan.
2. Discuss the basic guidelines for consumption of Kosher foods.
3. List five naturally gluten free foods that can be included in gluten free diet & list five foods to be avoided in gluten free diets.
4. Explain five ways in which one can reduce the fat intake through diet, in following a low-fat diet.
5. Explain the various types of Intermittent fasting patterns.
6. What is a Mediterranean diet? List the main components of Mediterranean diet.

Q.4. Answer the following questions (**any 3**) (15)

1. Discuss the characteristics of French patisserie & confectionery.
2. Discuss the features of Italian desserts.
3. What role do chemicals play in the preparation on Indian sweets? Name any three chemicals and their usage.
4. Discuss the guidelines for the presentation of pre plated desserts.
5. List the various ingredients used in preparation of frozen desserts. Explain the role of each ingredient.
6. Explain the following Russian desserts... Kyiv cake, oladyi.

Q.5. Answer the following questions (**any 3**) (15)

1. What is a macrobiotic diet? List the foods to be included in a Macrobiotic diet. List foods to be restricted / avoided in Macrobiotic diet.
2. List five foods to be included & five foods to be avoided in following VLCD diet.
3. Ayurveda suggests the use of Himalayan pink salt in our daily cooking. Write a short description on Himalayan pink salt.
4. Name five vegetables that are used for making Indian sweets and give one example of each.

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