

Time: 2:30 Hrs.

Marks: 75

**Q.1 A. Fill in the blanks**

**(5 marks)**

1. Kosher foods are those that confirm to the \_\_\_\_\_ dietary regulations.
2. \_\_\_\_\_ is a high fiber food.
3. As per the guiding principles of Ayurveda, \_\_\_\_\_ has the most power to heal & transform the body.
4. Restaurants adopting the farm to fork concept, require a constant change in \_\_\_\_\_.
5. In French desserts, a traditional Vanilla sauce, which is cooked mixture of milk sugar and eggs is also known as \_\_\_\_\_.

**Q.1 B. Match the following**

**(5 mark)**

NO	COLUMN - A	NO	COLUMN - B
1	Food transport	a.	Red wine
2	Mediterranean diet	b.	Natural sugar alternative.
3	Monk Fruit	c.	Zeppole.
4	Italian doughnuts	d.	Density of sugar syrup.
5	Saccharometer	e.	Global warming.
		f.	Parfait.

**Q.1 C. Explain the following in one line**

**(5 mark)**

1. Khubani ka meetha.
2. Pate sucre.
3. VLCD diet.
4. Dash diet.
5. Carbon foot print.

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

**(15 marks)**

1. Ayurveda's eight important aspects of healthy foods are known as Ahara Vidhi. Explain five basic principles of healthy foods as per Ayurveda.
2. Explain five advantages of Sous Vide cooking.
3. What are organic foods? Why are they gaining popularity?
4. Explain the general principle of 3D food printing. Explain the ingredients commonly used in 3D food printing
5. Discuss the advantages of using 3D food printing technology.
6. Discuss the major causes for the increase in Food Miles.

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

**(15 marks)**

1. What is the importance of fats in our diet? List 5 foods one should include in a low-fat diet.
2. List & explain 5 kosher dietary rules & regulations.
3. What is veganism? Why do people follow a vegan diet plan?
4. Discuss the health benefits of following an Intermittent fasting diet.
5. List five foods to be avoided in low sodium diet. List five food categories in which sodium is naturally present.
6. List five foods to be included & five foods to be avoided in high protein diets.

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

**(15 marks)**

1. Discuss the salient features of presenting desserts.
2. List five dairy products used in making Indian sweets. Explain, with examples, in which form are they used.
3. In plated deserts, flavours should enhance or complement each other. Explain the statement in relation to flavour profile, in plated desserts.
4. List five differences between the French desserts Crème Patisserie & Crème Brulee.
5. Explain the following Russian desserts oladyi & ginger bread.
6. Explain the following Italian desserts Zabaglione & Zuccotto,

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

**(15 marks)**

1. What are the precautions to be taken while making sorbets?
2. Explain the benefits of following a keto diet.
3. Explain the benefits of following a VLCD diet. What are the limitations of following a VLCD diet?
4. Explain the following American desserts: chiffon cake & red velvet cake.

\*\*\*\*\*