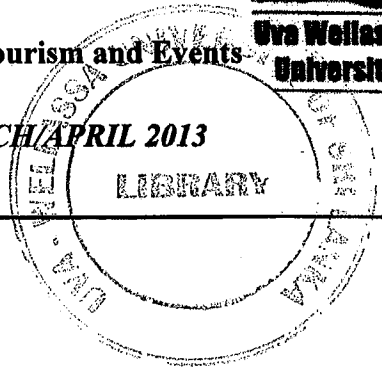


**Part C – Essay****Answer only two questions in Part C including Question No. 06**

6.

- i) Briefly explain the health effects of excessive fat consumption.

(05 Marks)

- ii) Write a brief account on different categories of Vegetarianism.

(10 Marks)

- iii) Ms. Seetha Fernando, a woman who is having body weight of 65 kg and height of 163 cm who is involved in the category of “Moderate” level of physical activity.

Following additional facts are given:

Average BMR factor; Male - 27.5 kcal/ kg/day, Female - 25.5 kcal/ kg/ day

Protein requirement for a person - 0.75 g/ kg BW/ day

Thermic effect of food for a vegetarian diet is 6 % and non-vegetarian diet is 10 % from the total energy provided by the meal. The energy requirement for a person based on the level of physical activity is given in the table below.

Gender	Level of physical activity		
	Light	Moderate	Heavy
Male	1.56 BMR	1.78 BMR	2.10 BMR
Female	1.55 BMR	1.64 BMR	1.84 BMR

- a. For her lunch, she had a non-vegetarian meal which provides 45 g of proteins, 35 g of fat and 270 g of carbohydrates of which 15 g is dietary fiber. Calculate the total energy provided by this meal in terms of kilocalories (kcal).

(05 Marks)

- b. Calculate the protein and total energy requirement of Ms. Seetha Fernando.

(05 Marks)

- c. Calculate the Body Mass Index (BMI) of Ms. Seetha Fernando and briefly comment about her weight category based on your calculation.

(05 Marks)

(Total Marks 30)

7.

- i) What is the importance of modifying diets for certain individuals?

(05 Marks)

- ii) Briefly discuss different methods of diet modifications giving examples.

(05 Marks)

- iii) Explain basic requirements that need to be considered when planning and serving proper pre-event meal for an athlete giving reasons.

(10 Marks)

(Total Marks 20)

8.

- i) Explain the **main** characteristics of a well-planned nutritious diet.

(10 Marks)

- ii) As a catering manager, describe guidelines that you may follow when planning a menu for a group of individuals who are aged more than 65 years.

(10 Marks)

(Total Marks 20)