

**SGT UNIVERSITY**  
**END TERM THEORY EXAMINATION JULY -2022**

College/ Faculty of Study:	Hotel And Tourism Management	Year/Semester:	6 <sup>th</sup> Semester
Program:	BHM	Duration:	03:00 Hrs.
Course/Subject:	Ayurveda cooking	Maximum Marks:	60
Course/Subject Code:	07010619	Batch:	2018

**Instructions: -**

1. Write Your Roll No. on the Question Paper.
2. Candidate should ensure that they have been provided correct question paper. Complaint(s) in this regard, if any should be made within 15 minutes of the commencement of the exam. No complaint(s) will be entertained thereafter.
3. All Questions are compulsory. Marks are indicated against each question.
4. Illustrate your answer with diagram wherever required.

**SECTION-A****(Very Short Answer Type Questions)****Note: All Questions are compulsory: -****[12X1=12 Marks]**

S. No.	Question Write two line answer on the following terms:	Marks Allotted
1	Name the dish which most resemblance to France's crepe in (Ayurveda cooking)?	1
2	What will happen (Ayurveda cooking) eating a small amount of fresh ginger before meal?	1
3	What is Agni (UG-NEE)?	1
4	What is meaning of Rajasic food ?	1
5	What are the Three Doshas (Ayurveda )?	1
6	What are Pancha Mahabhutas in Ayurveda cooking?	1
7	In (Ayurveda cooking ) Chia seeds reduces which dosa ?	1
8	What is "Ahara" in Ayurveda cooking?	1
9	What is kapha element ?	1
10	In Ayurveda Milk should not be eaten with which fruit?	1
11	What is sattva food ?	1
12	Which food product not be eaten with beans?	1

**SECTION-B**  
**(Short Answer Type Questions)**

**Note: All Questions are compulsory: -**

**[4X2=8]**

S. No.	Question	Marks Allotted
13	What are principle of Ayurveda cooking?	2
14	What is OJAS (OH-JOS)?	2
15	What is PRANA (PRAAH-NAH) ?	2
16	What is healthy Kapha provide (Ayurveda )?	2

**SECTION-C**  
**(Descriptive Answer Type Questions)**

**Note: All Questions are compulsory: -**

**[4X4=16]**

S. No.	Question	Marks Allotted
17	Define Ayurveda cooking ?	4
18	Define white sugar in Ayurveda cooking. what product we use in place of white sugar?	4
19	Name five herbs which are used in Ayurveda cooking?	4
20	What are benefits of ghee and coconut oil in Ayurveda cooking?	4

**SECTION-D**  
**(Long Answer Type Questions)**

**Note: All Questions are compulsory: -**

**[4X6=24]**

<b>S. No.</b>	<b>Question</b>	<b>Marks Allotted</b>
21	What are traditional way of improving digestion?	6
22	Write a note on Ayurveda cooking and plan a menu with dishes?	6
23	What does Ayurveda says about fermented food ?	6
24	How you will cook rice?	6