

Reg No:.....

Name :.....

Second Semester FYUGP Zoology Examination
APRIL 2025 (2024 Admission onwards)
KU2MDCZOO102 (NUTRITION, NUTRACEUTICALS AND
DIETITICS)
(DATE OF EXAM : 26-04-2025)

Time : 90 min

Maximum Marks : 50

Part A (Answer any 6 questions. Each carries 2 marks)

1. Which vitamin is known as the 'sunshine vitamin'? 2
2. How does physical activity impact daily energy expenditure? 2
3. What is diabetes mellitus? 2
4. Why is carbohydrate control important in diabetes management? 2
5. Name one dietary factor that can increase the risk of CHD. 2
6. Name a common vitamin deficiency in older adults. 2
7. Why is hydration important in the elderly? 2
8. What is the main role of FSSAI? 2

Part B (Answer any 4 questions. Each carries 6 marks)

9. Choose three vitamins and three minerals, and explain their roles in maintaining health. Discuss the consequences of their deficiencies and suggest dietary sources. 6
10. Create a case study of an individual aiming for weight loss and calculate their energy expenditure. Suggest dietary modifications accordingly. 6
11. Evaluate alternative methods to BMI for assessing obesity, such as waist-to-hip ratio and body fat percentage. 6
12. Debate the effectiveness of liquid diets in clinical settings. When are they appropriate, and what are their limitations? 6
13. Design a nutrition education program targeting adolescents to promote healthy eating habits and prevent deficiencies. 6
14. Propose strategies to improve compliance with FSSAI regulations in small food businesses. 6

Part C (Answer any 1 question(s). Each carries 14 marks)

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15. Describe phytochemicals and antioxidants, highlighting their sources, types, and roles in disease prevention. How do they contribute to reducing oxidative stress in the body? 14
16. Discuss the role of nutritional, dietary, and health supplements in modern diets. What are their benefits and potential risks, and how should they be used responsibly? 14