



M 7253

Reg. No. :

Name :

V Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.M./B.C.A./B.S.W./
B.A. Afsal-UI-Ulama Degree (CCSS-Reg./Supple./Imp.)
Examination, November 2014
Open Course
5D01 ZLG : NUTRITION AND HEALTH

Time : 2 Hours

Max. Weightage : 20

PART – A

Answer **all** questions. **Each** bunch of **4** questions carrying **1** weightage.

- Which of the following is not a water soluble vitamin ?
a) Vitamin B1 b) Vitamin C c) Vitamin A
- Which of the following is energy giving nutrient ?
a) Protein b) Carbohydrate c) Vitamins
- Which of the following disease occur due to protein deficiency ?
a) Jaundice b) Marasmus c) Diarrhoea
- Deficiency of which of the following elements causes goiter.
a) Iron b) Iodine c) Calcium
- Peristalsis is a type of movement process that takes place in _____
a) Mouth b) Oesophagus c) Stomach
- Which of the following is a disease caused by under nutrition ?
a) Anemia b) Obesity c) Anorexia
- Carnivory is a type of _____ nutrition.
a) Holozoic b) Parasitic c) Saprophytic
- In which part of alimentary canal absorption takes place ?
a) Stomach b) Intestine c) Oesophagus

(2x1=2)

P.T.O.



PART – B

Answer **any six** questions. **Each** carries 1 weightage.

9. What is Malnutrition ?
10. Define PEM.
11. Name any two mineral deficiency diseases.
12. What is Obesity ? What are its types ?
13. Name any two water born diseases.
14. Define ulcers.
15. What do you mean by peristalsis ?
16. What do you mean by chime ?
17. Comment on various methods of household food preservation.
18. Nutritional needs of a mother during lactation. (6×1=6)

PART – C

Answer **any four** questions. **Each** carries 2 weightage.

19. What are the diet modifications to be followed by a coronary heart disease patient ?
20. What are carbohydrates ? Any two sources.
21. Comment on nutritional needs of infancy.
22. Comment on contamination of food.
23. Write down composition of breast milk.
24. Comment briefly on digestion in mouth. (4×2=8)

PART – D

Answer **any one** question. **Each** carries 4 weightage.

25. Describe briefly on process of digestion.
 26. Describe briefly on food adulterations.
 27. Comment on Vitamins. (1×4=4)
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