

M 9913



Reg. No. :

Name :

V Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.A.R.T.M./B.B.M./
B.C.A./B.S.W./B.A. Afsal-UI-Ulama Degree (CCSS-Reg./Supple./Imp.)

Examination, November 2015

(Open Course)

5D01ZLG : NUTRITION AND HEALTH

Time : 2 Hours

Max. Weightage : 20

PART - A

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

1. Which of the following is not a fat soluble vitamin ?
a) Vitamin D b) Vitamin C c) Vitamin A
2. Which of the following is energy giving nutrient ?
a) Protein b) Carbohydrate c) Vitamins
3. Which of the following is not a disease occur due to protein deficiency ?
a) Kwashiorkor b) Marasmus c) Diarrhoea
4. Deficiency of which of the following elements causes oestroporesis ?
a) Iron b) Iodine c) Calcium (W = 1)
5. Peristalsis is a type of movement process the takes place in
a) Mouth b) Oesophagus c) Stomach
6. Which of the following is a disease caused by over nutrition ?
a) Anemia b) Obesity c) Anorexia
7. Carnivory is a type of _____ nutrition.
a) Holozoic b) Parasitic c) Saprophytic
8. In which part of alimentary canal absorption takes place ?
a) Stomach b) Intestine c) Oesophagus (W = 1)

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PART - B

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

9. Write down composition of breast milk.
10. Name any two food born diseases.
11. What is therapeutic nutrition ?
12. Explain the concept of balanced diet.
13. Comment on toxicity.
14. What is hypertension ?
15. Name any two artificial common adulterants in food.
16. What do you mean by PER ?

(6×1=6)

PART - C

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

17. Comment on various methods of household food preservation.
18. Nutritional needs of an infant.
19. What are the diet modifications to be followed by a coronary heart disease patient ?
20. What are proteins ? Any two sources.
21. Comment on food adulterations.
22. Comment on contamination of food.
23. Comment briefly on digestion in stomach.
24. Define ulcers.

(4×2=8)

PART - D

Answer **any one**. **Each** question carries a weightage of **four**.

25. Comment on food and water born diseases.
26. Comment on diet modifications for different diseases.
27. Describe briefly on process of digestion.

(1×4=4)