



K18U 1629

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.T.T.M./B.C.A./B.S.W./B.A. Afsal UI Ulama Degree (CBCSS-Reg./Sup./
Imp.) Examination, November 2018
(2014 Admn. Onwards)**

Open Course

5D01 ZLG : NUTRITION AND HEALTH

Time : 2 Hours

Total Marks : 20

I. 1) Match the following :

- | | |
|----------------------------|--------------------|
| a) Saliva | Pernicious anaemia |
| b) Vitamin B ₁₂ | Iron |
| c) Haemoglobin | Diabetes mellitus |
| d) Insulin | Ptyalin |

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2) Fill in the blanks :

- 1) Gout is caused due to the accumulation of _____
- 2) Mechanical digestion takes place in the mouth is called _____
- 3) _____ is called sunshine vitamin.
- 4) _____ is an example for water borne disease.

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II. Answer any six :

(6×1=6)

- 3) Trace elements
- 4) Hyper tension
- 5) Balanced diet
- 6) Ptyalin
- 7) Osteoporosis
- 8) Poly unsaturated fatty acids

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- 9) Emulsifiers
- 10) Night blindness
- 11) Adolescence
- 12) Marasmus.

III. Answer **any four** :

(4×2=8)

- 13) Give note on nutritional role during pregnancy condition.
- 14) Explain on coronary heart diseases.
- 15) Give an account on household level of food preservation.
- 16) What are the diet modifications in jaundice and obesity ?
- 17) Give an account on protein digestion in man.
- 18) Write an account on food borne diseases.
- 19) Write short note on Vitamin E.
- 20) Distinguish between Agmark and ISI.

IV. Answer **any one** :

(1×4=4)

- 21) Explain on food adulteration and preservation.
- 22) Explain the process of chemical digestion in stomach and intestine.
- 23) Explain the role of minerals in health and nutrition.