



K20U 1697

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/B.B.A. (AH) Degree  
(CBCSS – Reg./Sup./Imp.) Examination, November 2020  
(2014 Admn. Onwards)**

**Open Course**

**5D 01 ZLG – NUTRITION AND HEALTH**

Time : 2 Hours

Max. Marks : 20

I. 1) Match the following :

- |            |                 |
|------------|-----------------|
| a) Lipase  | i) Gall bladder |
| b) Bile    | ii) Pancreas    |
| c) Anaemia | iii) Casein     |
| d) Rennin  | iv) Fe          |

2) Fill in the blanks :

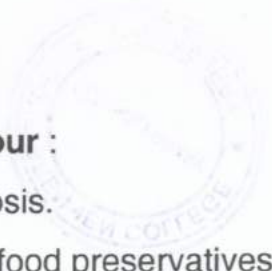
- a) Amoebiasis is a waterborne disease due to the infection of a parasite, \_\_\_\_\_
- b) \_\_\_\_\_ is an example for artificial sweetener.
- c) Kwashiorker is due to inadequate amount of \_\_\_\_\_ in food.
- d) The mineral essential for the functioning of thyroid gland is \_\_\_\_\_

II. Answer any six :

(6×1=6)

- 3) MSG.
- 4) Process of digestion in mouth.
- 5) Adulterant.
- 6) Folic acid deficiency.
- 7) Functions of Vitamin C.
- 8) Agmark.
- 9) Marasmus.
- 10) Nyctalopia.
- 11) WHO.
- 12) Emulsifier.

P.T.O.



III. Answer any four :

..... : (4x2=8)

- 13) Osteoporosis.
- 14) Chemical food preservatives.
- 15) Describe any two food borne diseases.
- 16) Artificial food colours and the health issues related with them.
- 17) Obesity and health problems associated with it.
- 18) Infant nutrition and health benefits of breast milk.
- 19) Importance of dietary fibre.
- 20) Diet of patients having Diabetes.

..... Name :

IV. Answer any one :

(1x4=4)

- 21) Describe the food items to be avoided by patients having peptic ulcer.
- 22) Write a note on household level food preservation.
- 23) Give an account of water soluble vitamins.