



21101174

QP CODE: 21101174

Reg No :

Name :

B.Sc DEGREE (CBCS) EXAMINATION, APRIL 2021

Sixth Semester

**Choice Based Core Course - ZY6CBT04 - NUTRITION, HEALTH & LIFE STYLE
MANAGEMENT**

Common for B.Sc Zoology Model I, B.Sc Zoology Model II Aquaculture, B.Sc Zoology and Industrial Microbiology Model III Double Main, B.Sc Zoology Model II Food Microbiology, B.Sc Zoology Model II Medical Microbiology & B.Sc Biological Techniques and Specimen Preparation Model III

2017 Admission Onwards

A4AE84F8

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Classify major nutrients.
2. What are food adulterants? Give any two examples.
3. Define mental dimensions of health.
4. What is BMI?
5. What is dyslexia?
6. What is gestational diabetes?
7. What is liver cirrhosis?
8. Name a waterborne viral disease?
9. What is circadian rhythm?
10. Which are the properties of saturated fatty acids?
11. Mention the importance of a good posture.
12. How mass media help in health literacy programme?





(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. Write an account of basic food groups and their sources.
14. What are the nutritional requirements in extreme environments?
15. Write a short note on blood pressure.
16. Explain the role of body temperature on health.
17. Describe Electrocardiogram and its role in Health.
18. Which are the different types of cancers related to urban lifestyle?
19. What is Peptic ulcer and what are the clinical symptoms?
20. Comment on the harmful effect of consumption of adulterated food.
21. Explain three important practices in healthy eating habits.

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Write an account of nutritional needs during pregnancy and lactation.
23. What is health? Describe different approaches of health in detail.
24. Briefly explain the major cardiovascular diseases associated with lifestyle changes.
25. Write a brief note on the risks associated with bad sleeping habits.

(2×15=30)

