

SET-A

Unique Paper Code : 32235906

Name of the Paper : Generic Elective: Food Nutrition and Health

Name of the Course : B.Sc (H) Zoology, 2021-LOCF

Semester : III, (GE) Theory Examination

Duration : 3 hours

Maximum Marks : 75

Instruction for Candidates

Write your Roll No., Name of the paper, Course, Semester, and Date of examination on the first page of answer sheet.

Attempt **ANY FOUR** questions. All questions carry equal marks.

- Q.1. Explain the concept of a balanced diet. Discuss how people in our country who are at risk of malnutrition can be identified by interpretation of anthropometric data. (18.75)
- Q.2. Discuss the nutrient needs and dietary pattern of the elderly people? Why is it necessary to include dietary fibres in our food? Add a note on organic food. (18.75)
- Q.3. Justify the statement “a single lifestyle disease may lead to other lifestyle diseases”. Describe various lifestyle modifications for a 40 years old person suffering from hypertension. (18.75)
- Q.4. Describe role of family for a drug dependent person in a positive and negative manner. Why it is a big challenge for a drug addict to stop the drug consumption? What are the adverse effects of tobacco smoking in an active smoker? (18.75)
- Q.5. Justify the statement in detail “Regular hand washing can protect us from several diseases”. Name any two diseases caused by protozoan parasites. Write their mode of infection, symptoms, and prevention? (18.75)
- Q.6. Give an account of the causes of food spoilage. What are the various methods used to prevent food spoilage? Add a note on hepatitis. (18.75)

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