23105482

QP CODE: 23105482

Reg No : .....

Name : .....

B.Sc DEGREE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS, MARCH 2023

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

08E8F33E

Time: 3 Hours Max. Marks : 80

Part A

*Answer any **ten** questions.*

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

1. What are vitamins? Classify vitamins.
2. What is meant by food groups?
3. What are the different phases of sleep?
4. What is pulse and mention the normal range?
5. Name some metabolic risk factors associated with life style diseases.
6. Name two symptoms of Asthma.
7. What is type 1 diabetes?
8. What is empty calorie food?
9. What is biological clock?
10. List out the three important practices in a healthy eating habit.
11. Name four commonly used stimulants.

12. How mass media help in health literacy programme?

(10×2=20)

Part B

*Answer any **six** questions.*

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

13. Describe nutritional needs in old age.
14. What are the nutritional requirements in extreme environments?
15. Write a short note on any five basic parameters of health.
16. Explain the role of Stress in health control.
17. Describe Haematological parameters and its role in health.
18. What do you meant by ischemic stroke? What are the symptoms of stroke?
19. What is Peptic ulcer and what are the clinical symptoms?
20. Describe the effects of tobacco smoking on health.
21. Write a short note on body posture.

(6×5=30)

Part C

*Answer any **two** questions.*

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

22. Write an essay on food adulteration.
23. What is health? Describe different dimensions of health in detail.
24. Write an essay on some common and occupation related lifestyle diseases and their prevention.
25. What are the benefits of a fibre rich and antioxidant rich diet?

(2×15=30)