

**MAHATMA GANDHI UNIVERSITY, KOTTAYAM**

**MGU-UGP(HONOURS)**

**SECOND SEMESTER EXAMINATION**

**(2024 ADMISSION ONWARDS)**

**MG2DSCFSQ100- FOOD AND NUTRITION**

Duration: 2 hour

Maximum Marks:50

*Students should attempt at least one question from each course outcome to enhance their overall attainability*

**PART A**

Multiple Choice Questions

Answer **All** Questions

Each Question carries **1** mark

1. Choose which among malnutrition is characterized by severe protein deficiency leading to oedema and swollen abdomen [Remember][CO1]
  - a) Marasmus
  - b) Kwashiorkor
  - c) Beriberi
  - d) Pellagra
2. Identify the correct full form of RDA [Apply][CO1]
  - a) Required Daily Amount
  - b) Recommended Daily Allowance
  - c) Recommended Dietary Allowance
  - d) Regular Dietary Amount
3. Identify the correct full form of BMR [Apply][CO1,2]
  - a) Body Mass Ratio
  - b) Basal Metabolic Rate
  - c) Body Mass Ratio
  - d) Biochemical Metabolism Rate
4. Select the major cause of water depletion in the body:[Remember][CO1,2]
  - a) Excessive loss
  - b) Reduced intake
  - c) Hot climate
  - d) All of the above
5. Select the symptom of carbohydrate deficiency [Remember][CO1 ]
  - a) Fatigue and weakness
  - b) Increased energy levels
  - c) Rapid weight gain
  - d) Stronger Immunity

- $\{1X10=10\}$

11. Describe on ecology of malnutrition. [Understand][CO1]
12. Write a brief note on carbohydrate classification [Analyse][CO1]
13. Differentiate fat-soluble and water soluble vitamins [Remember][CO1]
14. Write a brief note on minerals [Analyse][CO1,3,4]
15. Explain in detail on sports nutrition [Apply][CO4]

16. Explain in detail on functions of water and water balance. [Apply][CO1,2]

{4X5=20}

### **PART C**

#### **Essay Questions**

#### **Answer any 2 questions**

Each question carries 10 marks

16. Prepare a note on emerging trends in nutrition [Apply] [CO1,4]

17. Write a note on Vitamin A [Analyse][CO1]

18. Discuss about the interrelationship between nutrition and health  
[Understand][CO1]

20 . Elaborate on protein-classification, sources ,functions and deficiency

[Remember][CO1]

*Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.*

MultipleChoiceQuestions Answer All questions  
Eachquestioncarries1mark

9. The black sticky substance that accumulates in the lungs due to smoking is called a) Methanol b) Propanol c) Butanol d) Ethanol [Understanding CONO 2]

10. Select the following recommended minimum amount of moderate-intensity physical activity per week for weight management [Remember, CO.NO1, 3]  
 a) 30 minutes per week b) 75 minutes per week  
 c) 150 minutes per week d) 300 minutes per week

11. Select the following symptoms commonly associated with severe hypertension [Remember, CO.NO1,4]  
 a) Frequent urination b) Blurred vision and headaches  
 c) Increased hunger d) Sneezing

12. Select the following is NOT a common complication of uncontrolled hypertension [Remember, CO.NO1,4]  
 a) Stroke b) Heart attack  
 c) Kidney disease d) Tuberculosis

13. Name the organ that is primarily affected by excessive alcohol consumption [Understanding CO NO 2]  
 a) Liver b) kidney c) lungs d) stomach

14. Name the harmful gas released during smoking [Understanding CONO 2]  
 tobacco  
 a) Carbon monoxide b) Helium c) Hydrogen d) Oxygen

15. Causative organism of AIDS [Understanding CONO 2]  
 a) Hepatitis B Virus b) Influenza Virus  
 c) Human Immuno Deficiency Virus d) Dengue Virus

16. Name the cell that HIV primarily attacks in the human body [Understanding CONO 2]  
 a). Red blood cells b) White blood cells c) Nerve cells d) Platelets

**Part B**  
**Short Essay Type Questions Answer 4 Questions Each question carries 5 mark**

16. Define different types of Diabetic mellitus [Remember, CO.NO1,4]

17. Illustrate the main risk factors in hypertension [Remember, CO.NO1,4]

18. Explain how obesity affects mental health [Remember, CO.NO1,4]

19. Describe how diet and exercise help in obesity management [Remember, CO.NO1,4]

20. Illustrate how alcohol abuse contributes to social and family problems [Understanding CO NO 2]

21. Describe the transmission of HIV [Understanding CO NO 2]

