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 Q	uestion carries 1 mark
1.	. Choose which among malnutrition	on is characterized by severe protein deficiency
	leading to oedema and swollen a	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		RDA [Apply][CO1]
		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		
4. Select the major cause of water depletion in the body:[Remember][CO1,2]		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

6. Identify the complete protein : [Apply][CO1]				
a) Casein	b) Wheat protein			
c) Gelatind) Egg				
7. From the given options select the correct deficiency of Vitamin C [Understand][CO1,3]				
a) Rickets	b) Scurvy			
c) Beri – Beri	d) Pellagra			
8. Choose which of the following is not a symptom of thiamine deficiency [Remember][CO1,3]				
a) Muscle weakness	b) Loss of appetite			
c) Night blindness	d) Nerve damage			
9. Identify which of the following is a sign of dehydration in athletes:				
[Apply][CO4]				
a) Increased energy levels	b) Dark coloured ur	rine		
c)Improved endurance	d) Stronger muscles			
10. Give an example of best source of plant based protein: [Understand][CO1]				
a)White rice	b) Pulses			
c) Butter	d) Ice-cream	{1X10=10}		
PART B				
Short Essay Type Questions				
Answer 4 Questions				
Each question carries 5 marks				
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 m	utrition [Apply][CO4]			

16. Explain in detail onfunctions 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 anddeficiency [Remember][CO1]

MAHATMAGANDHIUNIVERSITY, KOTTAYAM

MGU-UGP(HONOURS)SECONDSEMESTER EXAMINATION

(2024ADMISSIONONWARDS)

MG2MDCFSQ100-Lifestyle diseases and social health problems

Duration: 1.5hrs MaximumMarks:35

Studentsshouldattemptat leastonequestionfromeachcourseoutcometoenhancetheiroverall outcome attainability.

Part A

MultipleChoiceQuestions Answer All questions Eachquestioncarries1mark

- 1. Obesity is primarily measured by [Remember, CO. NO 1,3]
 - a) Basic metabolic rate

b) Body mass index

c)Waist-to-hipratio

- d) Body fat percentage
- 2. Nametheprimarymacronutrientthatcontributestoweightgainwhen consumed in excess

[Remember, CO.No1,3]

- a) Protein b) Carbohydrate c) Vitamind) Fiber
 - 3. Name the hormone responsible for regulating blood sugar level[Remember, CO. NO1,4]
 - a) Insulinb) Glucagonc) Adrenalined) Thyroxin
- 4. Selectthefollowing type of diabetics is commonly diagnosed during pregnancy

[Remember, NO1,4]

a) Type1diabetes

b)Type2diabetes

c) Gestational diabetes

d) Juvenile diabetes

5. Normal blood pressure range for a healthy adult

[Remember, CO.NO 1,4]

- a. 80/50 mmHgb)90/60 mmHgc) 120/80 mmHg d)140/90 mmHg
- 6. Select the following is a major risk factor for hypertension

[Remember, CO.NO1,4]

- a) High salt intake
- b) Regular physical activity
- c) Low stress level
- d) High water consumption
- 7. Name the primary additive substance in cigarettes [Understanding CO NO 2]
- a) Nicotine b) Tarc) Carbon monoxided) Ammonia
- 8. Name the following disease that is most commonly associated with smoking[Understanding CO NO2]
 - a) Diabetesb) Lung cancer c) Malariad) Tuberculosis

9. Theblackstickysubstancethataccumulatesintheaccumulatesinlungs due to [Understanding smoking is called a)Methanolb) Propanolc) Butanol d) Ethanol CONO 2] 10. Selectthe following recommended minimum amount of moderate-intensity physical activity per week for weight management [Remember, CO.NO1, a) 30 minutes per week b)75 minutes per week 3] c) 150 minutes per week d)300 minutes per week 11. Selectthefollowingsymptomscommonlyassociatedwithsevere hypertension a) Frequenturination b)Blurred vision and headaches [Remember, c) Increased hunger d) Sneezing CO.NO1,4] 12. SelectthefollowingisNOTacommoncomplicationofuncontrolled [Remember, hypertension CO.NO1,4 a) Stroke b)Heart attack c) Kidney disease d) Tuberculosis 13. Name the organ at is primarily affected by excessive alcohol consumption [UnderstandingCO NO 2] a) Liver b) kidney c)lungs d)stomach 14. Name the harmful gas released during smoking [Understanding CONO 2] tobacco c) Hydrogen d) Oxygen a) Carbon monoxide b) Helium 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 Each question carries 5 mark Answer 4 Questions 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]