



QP CODE: 25020708



25020708

Reg No : .....

Name : .....

**B.Sc DEGREE (CBCS) REGULAR / REAPPEARANCE / MERCY CHANCE  
EXAMINATIONS, FEBRUARY 2025**

**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

92DE5049

Time: 3 Hours

Max. Marks : 80

**Part A**

*Answer any **ten** questions.*

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

1. Write notes on Iodine.
2. What is colostrum? What are the components of colostrum.
3. Define spiritual dimensions of health.
4. What is ECG?
5. What is atherosclerosis?
6. What is type 1 diabetes?
7. What is liver cirrhosis?
8. Name any two respiratory diseases caused by air pollution.
9. Name any two non communicable disease caused by inactivity.
10. Name two antioxidants present in natural foods.
11. Mention any two health benefits of walking.
12. Define 'health literacy'.

(10×2=20)





### **Part B**

*Answer any **six** questions.*

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

13. What is RDA? Add a note on its uses.
14. What are the nutritional requirements in extreme environments?
15. Explain the role of focus or attention on health.
16. Explain the role of body temperature on health.
17. Describe BMI and its role in health.
18. Which are the different types of cancers related to urban lifestyle?
19. What are the main reasons of constipation?
20. Comment on the harmful effect of consumption of adulterated food.
21. Explain the importance of good sleeping habits.

(6×5=30)

### **Part C**

*Answer any **two** questions.*

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

22. Write an essay on food adulteration.
23. Write an essay on any five parameters of health.
24. Write an essay on the common neurological diseases that are related to lifestyle.
25. What are fatty acids? Classify them giving examples.

(2×15=30)

