



24000950

**QP CODE: 24000950**

**Reg No** : .....

**Name** : .....

**B.Sc DEGREE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS, MARCH 2024**

**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

F0AB2120

Time: 3 Hours

Max. Marks : 80

**Part A**

*Answer any **ten** questions.*

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

1. What are the functions of Iron?
2. What is meant by food safety?
3. What are the factors that impair focus?
4. What is hyperkinetic pulse?
5. What is dyslexia?
6. Name two symptoms of Asthma.
7. What is type 2 diabetes?
8. Name any two respiratory diseases caused by air pollution.
9. What is biological clock?
10. Name two antioxidants present in natural foods.
11. Name four commonly used stimulants.
12. Expand PUFA. Give an example for it.

(10×2=20)

**Part B**

*Answer any **six** questions.*

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





13. Write an account of basic food groups and their sources.
14. What are the nutritional requirements in extreme environments?
15. Write a short note on different approaches of health.
16. Write a short note on blood pressure.
17. Describe Haematological parameters and its role in health.
18. What are the main reasons of constipation?
19. What is liver cirrhosis and what are the causes and symptoms of liver diseases?
20. Comment on junk food.
21. Explain the various branches of Yoga.

(6×5=30)

### **Part C**

*Answer any **two** questions.*

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

22. Write an account of nutritional needs during pregnancy and lactation.
23. Write an essay on Electrocardiogram (ECG) and Cardiac fitness and their significance on health.
24. Briefly explain the major cardiovascular diseases associated with lifestyle changes.
25. Write an essay on health awareness programmes in schools and colleges.

(2×15=30)

