

QP CODE: 25008893



Reg No : .....  
Name : .....

**UNDER GRADUATE (CBCS) SPECIAL REAPPEARANCE EXAMINATIONS,  
FEBRUARY 2025**

**Fifth Semester**

(Offered by the Board of Studies in Home science)

**OPEN COURSE - FS5OPT19 - HUMAN HEALTH AND NUTRITION**

2022 Admission Only

B4B3A60C

Time: 3 Hours

Max. Marks : 80

**Part A**

*Answer any **ten** questions.*

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

1. Categorize the components of energy expenditure.
2. Describe nutrigenomics.
3. Compare overnutrition and undernutrition.
4. Assess the objectives of mid day meal programme.
5. Assess the methods for checking nutritional status.
6. Make a short note on class I preservatives.
7. Illustrate the methods of preservation.
8. Listout the practices to be followed during preparation of vegetables to minimise nutrient loss.
9. List the quality parameters of drinking water.
10. Organize a note on viral hepatitis.
11. Categorize PEM.
12. Assess a note on blood pressure.

(10×2=20)

**Part B**

*Answer any **six** questions.*

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





13. Explain the relationship between nutrition and health.
14. Explain the role of foodguide pyramid in making a balanced diet.
15. Make a short essay on NID control programme.
16. Make a short essay on : a) NIPCCD b)CARE
17. Explain the common adulterant used in any 5 foods.
18. Validate the importance and criteria for labelling food.
19. Quote on moist heat methods of cooking.
20. Explain briefly on classifications and functions of vitamins.
21. Make a short note on Vitamin A.

(6×5=30)

### **Part C**

*Answer any **two** questions.*

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

22. Prepare a brief note on: Role of fibre in preventing diseases and effects of excess consumption of fibre.
23. Make an essay on food additives.
24. Quote an essay on minerals and vitamins.
25. Create an essay on social health problems.

(2×15=30)

