

**QP CODE: 24900029**



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

**Name:.....**

**MAHATMA GANDHI UNIVERSITY, KOTTAYAM**  
**FIRST SEMESTER MGU-UGP (HONOURS) REGULAR**  
**EXAMINATION NOVEMBER 2024**

**First Semester**

**Multi-Disciplinary Course - MG1MDCBTS100 - FOOD, NUTRITION AND**  
**MEDICINE**

**(2024 ADMISSION ONWARDS)**

Duration: 1 Hours

Maximum Marks: 35

**Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Interest (I),  
Appreciation (Ap), and Skill (S)**

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

[Learning Domain][CO No(s)]

**Part A**

Multiple Choice Questions

Answer all questions

Each question carries 1 mark

- 1 Which of the following factors can disrupt the balance of gut bacteria and may necessitate probiotic supplementation? [K] [3]  
a) Stress b) Antibiotic use  
c) Poor diet d) All of the above
- 2 Which food is the best source of complete protein [K] [4]  
a) Rice b) Chicken breast  
c) Apples d) Olives
- 3 What is called the term which refers to an unhealthful intake of dietary nutrients? [K] [1]  
a) Healthy food b) Foul food

- c) Malnutrition                      d) Nutritious food
- 4 Which one of the following cause harm to human health? [U] [1]
- a) Organic farming                      b) Using of pesticides
- c) Using solar vehicles                      d) Protecting forests
- 5 Amylase in saliva begins the breakdown of carbohydrates into [U] [1, 2]
- a) Fatty acids                      b) Polypeptides
- c) Amino acids                      d) Simple sugars

## Part B

- |    |  |      |        |
|----|--|------|--------|
| 6  | How do functional foods support heart health?                                | [U]  | [3]    |
| 7  | Can you name three examples of functional foods derived from animal sources? | [K]  | [3]    |
| 8  | Write the importance of flavanoids   | [K]  | [4]    |
| 9  | Define health  | [K]  | [1]    |
| 10 | Name any four tests to to detect adulteration in food samples.               | [A]  | [1]    |
| 11 | Who is the father of nutrition?  | [K]  | [1, 2] |
| 12 | Why is a deficiency of the fat-soluble vitamins seen in cystic fibrosis?     | [An] | [2, 3] |

## Part C

- |    |   |     |        |
|----|---|-----|--------|
| 13 | Discuss the elements influence one's health.                                    | [K] | [1]    |
| 14 | How do environmental factors contribute to health outcomes? Provide examples.   | [U] | [1]    |
| 15 | What is the importance of balanced nutrition for overall health and well-being? | [U] | [1, 2] |

- |    |  |            |
|----|--|------------|
| 16 | What are the consequences of nutrient deficiencies, and how can they be prevented? | [U] [1, 2] |
| 17 | What are the key health benefits of omega-3 enriched functional foods?             | [U] [3]    |
| 18 | Why are antioxidants in functional foods important for health?                     | [U] [3]    |
| 19 | List out the food sources which are rich in proteins and peptides                  | [K] [4]    |

(5 × 4 = 20)

**END OF THE QUESTION PAPER**

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