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Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – February 2026
III Semester

Class : Repeater- II UG
Branch: Psychology

Time : 2hrs
Maximum Marks: 60

21BPSI04- Life Style Health

Course Outcomes:

- CO1- Understand the link between nutrition, health and lifestyle
- CO2 - Knowledge on assessment of nutritional status
- CO3 - Understand different lifestyle disorders
- CO4 - Able to make healthy food choices
- CO5 - Adopt healthy lifestyle practices

Part A

(6 X 1 = 6 Marks)

Choose the correct answer

1. One gram of carbohydrate is equivalent to CO1 K2
a. 4kcal b. 9kcal c. 5kcal d. 8kcal
2. RDA stands for CO1 K2
a. Restricted Dietary Allowance b. Recommended Diabetic Allowance
c. Required Dietary Allowance d. Recommended Dietary Allowance
3. Pellagra occurs in the deficiency of CO2 K2
a. Vitamin A b. Vitamin B2 c. Vitamin D d. Vitamin B3
4. Overweight can be defined as CO2 K3
a. BMI = 25 kg/m² b. BMI < 25 kg/m²
c. BMI = 25 - 29.9 kg/m² d. BMI = 25 - 30 kg/m²
5. Which of these helps in body building? CO3 K1
a. Fats b. Protein c. Carbohydrate d. Minerals
6. Pick out the symptom of good nutrition. CO3 K2
a. Fatigue b. Nausea c. Shiny hair d. Infection

Part B

(3 X 6 = 18 Marks)

Answer any two questions
Answer should not exceed 400 words

7. a. Define Health and mention the factors influencing health. CO1 K2
(or)
7. b. Write a short note on the transition of lifestyle in present day living. CO1 K1
8. a. Explain briefly the causes of overnutrition and undernutrition. CO2 K2
(or)
8. b. Illustrate the vicious and vitreous cycle of nutrition. CO2 K3
9. a. Explain the significance of BMI in nutritional status in brief. CO3 K1
(or)
9. b. Write a note on biochemical assessment for Na, K and Mg. CO3 K2

Part C

(3 X 12 = 36 Marks)

Answer any one of the following
Answer should not exceed 700 words

10. a. Explain the healthy practices to be followed to maintain a healthy lifestyle. CO1 K2
(or)
10. b. Classify food groups and explain the healthy eating plate. CO1 K1
11. a. What is menu planning? Mention the factors to be considered in planning a healthy menu. CO2 K2
(or)
11. b. Explain the relationship between nutrition and health and give the symptoms of good and bad nutrition. CO2 K3
12. a. Elaborate on the anthropometric measurement. CO3 K1
(or)
12. b. Give a detailed note on clinical assessment of nutritional status. CO3 K2