



**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Outline the functions of food.  
(or)  
11.b. Enlist the common ingredients with nutrient content.
- 12.a. Enlist the significance of menu planning.  
(or)  
12.b. Brief on the importance of balanced diet.
- 13.a. Define nutrition and health.  
(or)  
13.b. Infer the RDA for a sedentary woman.
- 14.a. Summaries on healthy food choices.  
(or)  
14.b. Give a note on physical activity and stress management.
- 15.a. Infer on the functional foods.  
(or)  
15.b. Explain the importance of antioxidants in the prevention of obesity.

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Discuss about food groups and food pyramid.  
(or)  
16.b. Explain about the effect of cooking on foods.
- 17.a. Discuss about the different cooking methods.  
(or)  
17.b. Describe about the factors influencing menu planning.
- 18.a. Explicate the symptoms of good and bad nutrition.  
(or)  
18.b. Summaries the different methods to assess nutritional status.
- 19.a. Enumerate the importance of traditional food choices.  
(or)  
19.b. Mention the ways to avoid food additives and junk foods.
- 20.a. Explain the role of organic foods and spices with respect to good nutrition.  
(or)  
20.b. Elucidate on the importance of functional foods in the management of hypertension.

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