



**Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore -641043**

Continuous Internal Assessment II – April 2025

II Semester

**Class : I UG
Branch : OPTOMETRY**

**Time : 2 Hours
Max. Marks : 60**

22BOPC10 Nutrition

Course outcomes:

CO1: To comprehend the concept of nutrition and energy.

CO2: To equip on the sources, function of proteins, fats and carbohydrates and their role in eye.

CO3: To gain knowledge on the role of vitamins, minerals, water and fiber in digestion and absorption of food and its impact on eyes.

CO4: To decipher the concept of diet and effectively plan a diet.

CO5: To understand the nutritional requirements for different age groups and the impact of nutritional deficiencies in eye.

Part A

Answer all questions (6 x 1 =6marks)

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|-----------------------------------------------------------------------------------------------------------------------|-------|
| 1. All of following contain fibre except
a. Ridge gourd b. Egg c. Orange d. Spinach | CO3K1 |
| 2. Food to avoid in Diarrhoea
a. veg soup b. cake c. coconut water d. curd | CO4K1 |
| 3. Foods to avoid in Peptic ulcer includes all except
a. Spicy food B. Coffee C. Alcohol D. green leafy vegetables | CO4K1 |
| 4. Food which has high glycemic index
a. White Rice b. Brinjal c. Ragi c. Spinach | CO4K1 |
| 5. Good sources of Xanthophylls include all except
a. Milk b. papaya c. mango d. spinach | CO5K1 |
| 6. All of these are important for eye health except
a. Retinol b. Selenium c. MSG d. Ascorbic acid | CO5K1 |

Part B

Answer All questions (3 x 6 = 18 marks)

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| 7. A) Discuss the functions of Minerals (or)
B) Describe the importance of adequate water intake | CO3K3
CO3K2 |
| 8. A) Discuss the diet management for GI disorders (or)
B) Work out a diet plan for Hypertension | CO4K2
CO4K2 |
| 9. A) Give the importance of Diet in school going children (or)
B) Indicate the role of Lutein and Zeaxanthin | CO5K2
CO5K2 |

Part C (3 x 12=36 marks)

Answer all questions

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| 10.A) Explain the importance of Calcium and Iron (or)
B) Discuss the importance of Fibre in human nutrition | CO3K2
CO3K2 |
| 11.A) Elaborate on Therapeutic diets (or)
B) Discuss about etiology, complication of Obesity and its diet management | CO4K2
CO4K2 |
| 12. A) Relate the implications of Measles on Eye health (OR)
B) Discuss the importance of diet in Pregnancy | CO5K3
CO5K3 |