



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A++ Grade by NAAC. Recognized by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment – I August, 2025

III Semester

Class: II UG (Psychology, FSN, FSMD and Botany)
Major: Other major

Time : 2 Hours
Marks: 60

25BZOG2 FOOD, NUTRITION AND HEALTH

Course Outcomes:

1. Understand the role of food and importance of nutrients in health and diseases
2. Provide culturally competent nutrition services for diverse individuals
3. Explore the preventive measure and treatment of deficiency diseases
4. Implement strategies for food access for food access, procurement, preparation and safety relevant to the culture, age, literacy level and socio-economic status.
5. Perform food system management and leadership functions that consider sustainability in business, healthcare, community and institutional arenas.

Part – A

6x1=6

Choose the correct answer

- | | | |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 1 | BMR stands for
a) body mass ratio b) body metabolic rate c) basal metabolic rate
d) basal mass ratio | CO1 K1 |
| 2 | Nutrition Advisory Committees to recommend Dietary Allowances for various population groups in India was established by
a) FAO b) ICMR c) UGC d) NIA | CO1 K2 |
| 3 | Identify the water soluble vitamin given below
a) A b) C c) D d) E and K | CO2 K1 |
| 4 | Selenium is necessary for proper functioning of
a) heart b) muscles c) thyroid d) bone | CO2 K2 |
| 5 | Night blindness is due to lack of
a) vitamin A b) Zinc c) iodine d) proteins | CO3 K2 |
| 6 | The recommended amount of protein per day for adults
a) 1g/kg b) 2g/kg c) 3g/kg d) 4g/kg | CO3 K2 |

Part- B

3x6=18

Answer all the questions

Each answer should not exceed 400 words or two pages

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|---|------------------------------------------------------------------------------------------------------------------|-------|
| 7 | a) Comment on balanced diet with examples
or | CO1K1 |
| 7 | b) Give an account on the energy expenditure of man. | CO1K2 |
| 8 | a) Outline the classification of carbohydrates and their roles in growth and development of an individual.
or | CO2K1 |
| 8 | b) Explain the source, biological roles and dietary requirement of calcium and zinc in human beings. | CO2K1 |
| 9 | a) Depict the concept of food and health.
or | CO3K1 |
| 9 | b) Write about Vitamin D deficiency and mitigation measures. | CO3K1 |

Part – C

3x12=36

Answer all the questions

Each answer should not exceed 800 words or four pages

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|----|------------------------------------------------------------------------------------------------------------|--------|
| 10 | a) Compare and contrast the nutritional requirements and dietary pattern of adult and pregnant women
or | CO1K2 |
| 10 | b) Discuss the dietary requirement of school children and elderly people. | CO1K1 |
| 11 | a) Sketch the classification of protein and add note on the dietary sources and its uses.
or | CO2 K1 |
| 11 | b) Elaborate on the water soluble vitamins with suitable examples. | CO2 K1 |
| 12 | a) Explain the symptoms, pathogenesis, treatment and prevention of kwashiorkor and marasmus.
or | CO3K2 |
| 12 | b) Describe deficiency disorders caused by iron and suggest dietary interventions. | CO3K1 |