



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. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – July 2020

IV Semester

Class : II UG
Major : Psychology

Time : 3 Hours
Max. Marks: 100

18BPSI04 DSE - IV Life Style Health

Part A

10 x 1= 10

Choose the Correct Answer

- The scientist was found that Kwashiorkor was caused by protein deficiency and cured by feeding milk was
 - Hopkins
 - Cicely Williams
 - Baumann
 - Folin
- _____ is a new science that caters to 'holistic health'.
 - Public Health Nutrition
 - Optimal nutrition
 - Bio nutrition
 - Malnutrition
- The reference body weight of an infant is _____ kg
 - 5.4
 - 5.3
 - 5.6
 - 5.5
- A balanced diet should provide _____ of total calorie from protein
 - 15-17%
 - 20-25%
 - 16-18%
 - 10-12%
- World Health Organization promotes _____ as a crude indicator for weight judgement
 - Broka's Index
 - Body Mass Index
 - KanawatiIndex
 - Mcharen's Index
- The normal serum albumin level is
 - 6.5-8.5g/dl
 - 9.5-11.5g/dl
 - 3.5-5.5g/dl
 - 8.5-10.5g/dl
- The test for checking mean plasma glucose concentration over a previous 8-10 weeks is:
 - Oral glucose tolerance test (OGTT)
 - Hemoglobin A1c
 - Fructosamine test
 - Fasting plasma glucose concentration
- The origin of cancerous cells is
 - Mesodermal cells
 - Polyclonal
 - Stem cells
 - Monoclonal
- "Fight or flight response" was described by
 - Atkinson Potter
 - Sigmund Freud
 - Walter B. Cannon
 - MrunalSengupta
- One of the following is stress buster not a
 - Trying to find something funny in a difficult situation
 - Developing a support network
 - Taking a mindful walk
 - Letting out anger

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Identify the positive lifestyle factors that promotes good health.
(Or)
11. b. List the signs of bad nutrition.
12. a. Differentiate good nutrition and malnutrition.
(Or)
12. b. Illustrate the steps involved in planning a Diet.
13. a. What is Obesity? How can it be managed through diet?
(Or)
13. b. Write a short note on BMI.
14. a. What are the common symptoms of heart attack and stroke?
(Or)
14. b. Classify different types of cancer.
15. a. Explain the harmful effects of consuming junk foods.
(Or)
15. b. Describe the importance of yoga and how it can help to manage good health.

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16. a. Explain the causes for heart diseases and how it can be prevented.
(Or)
16. b. Enumerate the causes, symptoms and treatment of malnutrition.
17. a. Explain the principle involved in menu planning and meeting RDA.
(Or)
17. b. Describe the principles involved in planning a balanced diet.
(Or)
18. a. Determine the different dietary methods used to know the nutritional status of a community.
(Or)
18. b. Which biochemical tests are used to assess PEM?
19. a. Explain the etiology of obesity.
(Or)
19. b. Discuss the complications of diabetes mellitus.
20. a. Describe the assessment of personal health and the needs for exercise.
(Or)
20. b. Illustrate the methods of reducing stress and health risk.
