



## 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 2025

#### Semester-II

Class : I PG

Major : Botany/FSN/Chemistry

Time: 2 hours

Maximum Marks: 60

#### 23MFDI01 Food and Health Science

##### Course Outcomes:

At the end of the course, students will:

1. Know the relationship between food and health.
2. Acquire skills to plan menus for different age group.
3. Gain knowledge on good nutrition and healthy eating practices.
4. Learn the causes and management of lifestyle diseases.
5. Acquire insight for application in life.

##### Part-A

6x1=6

##### Choose the correct answer

1. Identify the food rich in vitamin C. CO1K3  
a. Egg                      b. Rice                      c. Orange                      d. Onion
2. Pick out the fat soluble vitamin CO3K3  
a. Vitamin D                      b. Niacin                      c. Vitamin C                      d. Riboflavin
3. Recollect the deficiency symptom of iron in adolescents CO1K4  
a. Osteoporosis                      b. Rickets                      c. Anaemia                      d. Goitre
4. Which of the following is a moist heat method of cooking? CO2K2  
a. Frying                      b. Stewing                      c. Grilling                      d. Baking
5. Recollect the BMI of an underweight woman CO5K4  
a. 18.5-24.9                      b.  $\leq 18.5$                       c. 30-34.9                      d. 25-29.9
6. Bengal gram and Green gram belongs to..... CO1K2  
a. Fruits                      b. Pulses                      c. Vegetables                      d. Cereals

##### Part- B

3x6=18

##### Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Explain the functions of food CO1K2  
(or)
7. b. Illustrate and explain the concept of 'MyPlate' CO3K4
- 8.a. Define balanced diet and emphasize the importance of balanced diet. CO2K3  
(or)
- 8.b. Make a note on combination method of cooking with suitable examples CO5K3
- 9.a. Give an account on functions of carbohydrate and protein CO1K3  
(or)
- 9.b. Explain the sources, functions and deficiencies of Calcium and Vitamin D CO4K2

##### Part-C

3x12=36

##### Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Define foods. Illustrate and explain ICMR **four food group** system CO1K3  
(or)
- 10.b. Recollect the objectives of cooking and explain the effect of cooking on cereals and pulses and meat CO2K4
11. a. Elaborate on any four dry heat method of cooking with suitable examples. CO3K3  
(or)
- 11.b. Make a note on any four moist heat method of cooking with suitable examples CO3K3
12. a. Define health. Illustrate and explain vitreous cycle and vicious cycle CO5K4  
(or)
12. b. Explain in detail on anthropometric assessments. CO4K3

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Staff in-charge: Dr. Lincy.P