



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3of UGC Act 1956, Category A by MHRD [now MoE]

Re-accredited with an A++ Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore - 641043, Tamil Nadu, India

Continuous Internal Assessment II – October 2025

III Semester

Class : II UG

Major : B.Com/B.Sc(ARVR)/B.Sc IT/B.Com/B.Sc.BCBT/

B.Sc CSC/B.Com PA/B.Sc TAD/B.Sc Zoo

23BFDVB1 Lifestyle Health

Time: 2 Hours

Max. Marks: 60

Course Outcomes:

CO1: Link nutrition, health and lifestyle.

CO2: Identify the malnutrition by assessment of nutritional status .

CO3: Suggest the food choices for different lifestyle disorders

CO4: Make healthy food choices

CO5: Adopt healthy lifestyle practices

Part A

6 x 1= 6

Choose the correct answer

1. What is the main purpose of a 24-hour dietary recall?
a) To assess an individuals dietary intake for one year.
b) To collect detailed information on food consumed in the past 24 hours.
c) To measure an individuals weight and height for BMI calculation.
d) To evaluate a person's food expenses. CO2K2
2. What is the main measurement that is used to relate a perons weight in relation to height?
a) Waist circumference b) Body Mass Index (BMI) c) Blood pressure d) Heart rate CO2K2
3. Which of the following is not the symptoms of diabetes
a) Increased thirst b) frequent urination c) decreased hunger d) fatigue CO3K2
4. Identify which food group should be consumed in more amount by a cancer patient.
a) cerealss and grains b) pulses and legumes c) Nuts and oils seeds d) Fruits and Vegetables CO3K2
5. What is the essential chaaracteristic of junk food?
a) It is rich in vitamins and minerals b) It is highly processed and low in essential nutrients.
c) It always tastes healthy and delicious d) It is a good source of fiber and protein. CO4K2
6. Which of the following is the key benefit of physical activity?
a) Decreased stress and improved mood b) Weight gain and fatigue
c) Weakened muscles and bones d) Reduced ability to perform daily tasks CO5K2

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- 7.a. List the advantages and disadvantages of biochemical assessment CO2K2
(or)
7. b. Write any six clinical signs and symptoms along with the related nutrient deficiency CO2K2
- 8.a. List the foods that can be included and excluded for cancer patient CO4K2
(or)
- 8.b. Describe the symptoms and principles of diet for cardio vascular disease CO4K3
- 9.a. What are the healthy choices that are to be considered while eating out CO4K2
(or)
- 9.b. Write a short note on relaxation therapy and recreation CO5K2

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Briefly describe the 24-hour dietary survey method CO2K2
(or)
- 10.b. Describe on food frequency questionnaire CO2K3
- 11.a. Discuss the causes, risk factors and dietary management of obesity CO4K3
(or)
11. b. Write the principles of diet for diabetes and plan a days diet for a diabetic person CO4K2