



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

Master's Degree Examination – May 2025

II Semester

Class :I P.G.
Major :F.S.N./Botany/Chemistry

Time: 3 Hours
Max. Marks: 100

23MFDI01 Food and Health Science

Course Outcomes:

CO1: Know the relationship between food and health.

CO2: Acquire skills to plan menus for different age group.

CO3: Gain knowledge on good nutrition and healthy eating practices.

CO4: Learn the causes and management of lifestyle diseases.

CO5: Acquire insight for application in life.

Part A

10 x 1 = 10

Choose the Correct Answer

1. The cooking method that prevents the most of the nutrient loss in vegetables is called
a. Boiling b. Steaming c. Frying d. Roasting CO1K1
2. Which cooking ingredient is a good source of unsaturated fats?
a. Butter b. Lard c. Olive oil d. Cream CO1K1
3. Select the recommended percentage of fat in a balanced diet.
a. 10-15% b. 15-20% c. 20-25% d. 25-30% CO2K1
4. Identify the odd option.
a. Poaching b. Simmering c. Stewing d. Broiling CO2K1
5. What is a common symptom of protein deficiency?
a. Hair loss b. Weight gain c. Increased appetite d. Healthy muscle tone CO3K2
6. Over nutrition can lead to
a. Anaemia b. Diabetes and Hypertension c. Hair thinning d. Muscle wasting CO3K2
7. Pick out the recommended physical activity/week suggested by WHO.
activity per week?
a. 50 mins b. 150 mins c. 300 mins d. 30 mins CO4K1
8. Yoghurt is good for
a. Digestive health b. Increasing blood sugar c. Obesity d. Lowering immunity CO4K1
9. Flaxseeds are considered as functional foods because they are rich in
a. Omega 3 fatty acids b. Saturated fats c. Artificial sugars d. Additives CO5K2
10. Which of the following foods has been linked to weight loss?
a. Ice cream b. Green tea c. Sugary cereal d. Soda CO5K2

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11.a. Enlist the functions of food. CO1K3

(or)

11.b. Explain the common ingredients used in cooking with their nutrient content. CO1K3

- 12.a. Explain a balanced diet. CO2K3
(or)
12.b. Describe on fireless cooking with its advantages. CO2K3
- 13.a. Recollect the symptoms of bad nutrition. CO3K3
(or)
13.b. What is the recommended dietary allowance of protein intake for infants? Explain its importance for growth and development. CO3K4
- 14.a. Write a note on traditional foods. CO4K2
(or)
14.b. Explain the importance of avoiding of junk foods. CO4K3
- 15.a. What are functional foods? Give its importance in menu planning. CO5K4
(or)
15.b. Determine the role of functional foods in the prevention of hyper tension. CO5K4

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Illustrate on food groups and food pyramid. Explain in detail. CO1K2
(or)
16.b. Explain the effect of cooking on foods. CO1K3
- 17.a. Define menu planning and explain the factors that influences menu planning. CO2K3
(or)
17.b. Describe the different methods of cooking. CO2K3
- 18.a. Define nutrition and discuss the symptoms of good nutrition. CO3K4
(or)
18.b. Enumerate on techniques in assessment of nutritional status. CO3K4
- 19.a. Give an account on healthy food choices. CO4K2
(or)
19.b. Discuss the role of physical activity and stress management in leading a Quality life. CO4K5
- 20.a. What are organic foods? Enumerate the health benefits of the same. CO5K2
(or)
20.b. Explain the role of functional foods in obesity, diabetes and CVD. CO5K4
