



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 an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC
Coimbatore – 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – August 2025
III Semester

Class : II UG

Time: 2 Hours

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

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

Max.Marks: 60

23BFDVB1Lifestyle Health
Value Based Elective

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

6x1=6

Choose the correct answer

1. What is a major component of a healthy diet? CO1K2
a) High intake of processed foods b) More intake of all types of fats
c) Consuming a variety of fruits and vegetables d) Excessive sugar intake
2. Identify the food which is rich in vitamin A CO2K2
a. potato b. rice c.channa dhal d. Carrot
3. RDA stands for CO2K1
a. Restricted Dietary Allowance b. Recommended Diabetic Allowance
c. Recommended Dietary Allowance d. Required Dietary Allowance
4. According to WHO Over weight can be defined as CO2K1
a.BMI = 25 kg/m² b. BMI=25kg/m²
c.BMI = 25 - 29.9 kg/m² d. BMI = 25 - 30 kg/m²
5. Which of the following nutrient helps in body building CO2K1
a) Fat b) Protein c) Carbohydrate d) Minerals
6. Pick out the symptom of good nutrition CO2K1
a.) Fatigue b.) Nausea c.) Shiny hair d.) Infection

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- 11.a. Discuss the link between health and lifestyle CO1K2
(or)
11. b. List the causes of the change in lifestyle. CO1K2
- 12.a. Define Health, nutrition and Malnutrition CO2K2
(or)
- 12.b. Sketch the vicious and vitreous cycle of nutrition CO2K4
- 13.a. Write a short note on clinical assessment CO2K2
(or)
- 13.b. List the advantages and disadvantages of biochemical assessment CO2K2

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Give a brief explanation of how modern living is changing and how thi might be avoided. CO1K2
(or) CO4K4
- 16.b. Plan a healthy menu using all food groups CO2K3
- 17.a. Discuss the sign and symptoms of good and bad nutrition CO2K3
(or)
- 17.b. What is menu planning, and what aspects need to be taken into accountwhile creating a healthy menu? CO4K2
- 18.a. (i)What factors should be taken into account while determining weight and height? CO2K2
(ii) How will you determine WHR and BMI? CO2K2
(or)
- 18.b. Describe the 24-hour diet recall technique for dietary evaluation. CO2K3