



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)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II , April 2025 II SEMESTER

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. Choose the unhealthy food
a. Vegetables b. Fruits c. Chips d. Egg CO3K3
2. Identify the natural antioxidant present in vegetable oils
a. Vitamin E b. Vitamin K c. Vitamin D d. Vitamin B CO1K3
3. Recollect the RDA of calcium for an adolescent girl of 16-18 years
a. 850 mg/d b. 1050 mg/d c. 1000 mg/d d. 650 mg/d CO2K4
4. What is the normal blood pressure of an adult woman?
a. 60/100 mm Hg b. 80/120 mm Hg c. 100/140 mm Hg d. 50/100 mm Hg CO4K2
5. Recollect the BMI of an over weight man
a. 18.5-24.9 b. ≤ 18.5 c. 30-34.9 d. 25-29.9 CO4K4
6. Which of the following is a non-modifiable risk factor of CVDs
a. Smoking b. Alcohol c. Age d. Lack of exercise CO5K2

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Give an account on clinical signs and symptoms of deficiency disorders in hair, eyes and mouth. CO5K3
(or)
7. b. Discuss the factors affecting selection of foods. CO1K2
- 8.a. What are food additives? Enlist the impact of food additives on health. CO3K2
(or)
- 8.b. Emphasize the benefits of yoga. CO4K4
- 9.a. Make a note on health benefits of spices and herbs with suitable examples CO2K3
(or)
- 9.b. Give an account on different types of diabetes mellitus. CO4K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Elaborate on any four dietary assessment methods. CO2K3
(or)
- 10.b. Explain in detail on biochemical assessments. CO5K2
11. a. What are different types of stress? Suggest lifestyle modification to overcome stress. CO4K5
(or)
- 11.b. Make a note on junk foods. Discuss in detail on impact of junk foods on health. CO3K3
12. a. Explain the causes, symptoms and management of obesity. CO4K3
(or)
12. b. Enumerate on causes, risk factors and symptoms of CVDs. CO4K3

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Staff in-charge: Dr. Lincy.P