



K23U 2583

Reg. No. :

Name :

V Semester B.A./B.A. Afsal-UI-Ulama/B.Sc./B.Com./B.T.T.M./B.B.A./
B.B.A. – T.T.M./B.B.A. – A.H./B.C.A./B.S.W./B.M.M.C. Degree
(CBCSS – OBE – Regular/Supplementary/Improvement)

Examination, November 2023

(2019 – 2021 Admissions)

Generic Elective Course

5D04ZLG : NUTRITION AND DIETETICS

Time : 2 Hours

Max. Marks : 20

I. 1) Match the following :

1

- | | |
|--------------------|---------------|
| a) Ascorbic acid | Ricket |
| b) Cyanocobalamine | Xerophthalmia |
| c) Calciferol | Scurvy |
| d) Retinol | Anaemia |

2) Fill in the blanks :

1

- 1) _____ is the average daily dietary level that is sufficient to meet the nutrient requirement of all healthy individuals in a group.
- 2) _____ is a diet consisting of different types of food and providing adequate amounts of the nutrients necessary for good health.
- 3) _____ is a condition characterized by an inadequate intake of essential nutrients, including calories, proteins, vitamins and minerals, necessary for the proper growth, development and maintenance of the body.
- 4) _____ is the malnutrition as a result of lack of protein and energy foods.

II. Answer **any six** :

(6×1=6)

- 3) Explain the Human Development Index.
- 4) What is CVD ?
- 5) What is nutrition ?

P.T.O.



- 6) Comment on the Mid-day meals programme.
- 7) What is Primary Health Care ?
- 8) Comment on IGMSY.
- 9) Who are the beneficiaries of ICDS ?
- 10) Define food groups.
- 11) What is SABLA ?
- 12) Explain RKSK.

III. Answer **any four** :

(4×2=8)

- 13) Comment on the nutrient requirement during infancy.
- 14) Describe the physiological functions of food.
- 15) State the major causes of malnutrition.
- 16) Describe the WHO classification of obesity.
- 17) Describe the iodine deficiency disorders.
- 18) Enlist the special conditions that occur in pregnancy.
- 19) Describe the nutritional needs during growth and development.
- 20) How do the digestion and absorption of lipids occur in our alimentary canal ?

IV. Answer **any one** :

(1×4=4)

- 21) Explain the causes, prevalence and consequences of any two non-communicable diseases.
- 22) Describe the various factors influencing nutrient requirements during adulthood and old age.
- 23) Explain the methods for the assessment of nutritional status.