

3075

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(ii) Organic food

(iii) Beneficial effects of dietary fibers

(iv) Smoking as social health problem

(1000)

[This question paper contains 4 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 3075 I

Unique Paper Code : 2234002001

Name of the Paper : GE-5: Food, Nutrition and Health

Name of the Course : **B.Sc (H) Zoology**

Semester : III NEP-UGCF 2022

Duration : 2 Hours Maximum Marks : 60

Instructions for Candidates

1. Write your Roll. No. on the top immediately on receipt of this question paper.
2. Attempt 4 questions in all.
3. **Question No. 1** is compulsory.
4. **All** questions carry equal marks.

1. (a) Define the followings: (1×5=5)

(i) RDA

P.T.O.

(ii) Balance diet

(iii) Food group

(iv) Metabolic health indicators

(v) WHR

(b) Differentiate between: (2×3=6)

(i) Prebiotics and probiotics

(ii) Micronutrients and macronutrients

(iii) Anorexia nervosa and Bulimia Nervosa

(c) Fill in the blanks: (1×4=4)

(i) Pellagra is a disease caused by insufficient _____ in diet.

(ii) _____ disease is associated with selenium mineral shortage in body.

(iii) The level of alcohol in the body is expressed as _____ unit.

(iv) Lack of Iodine in diet causes _____ .

2. (a) What are causes, symptoms and complications of type 2 diabetes mellitus? (7)

(b) Discuss the treatment of hypertension through dietary and lifestyle modifications. (8)

3. (a) Discuss food intolerance and food allergy with suitable examples. (8)

(b) Suggest a suitable dietary and nutritional requirement of adolescent (7)

4. (a) What are sources and physiological functions of fats soluble vitamins (8)

(b) Discuss the dietary and lifestyle modification for treatment of obesity (7)

5. (a) Describe the causes, symptoms and prevention of anemia (7)

(b) Describe Protein energy malnutrition with examples (8)

6. Write short note on any three: (5×3=15)

(i) Food pyramid