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

- (i) Skin fold test
- (ii) Hepatitis
- (iii) Eating disorders
- (iv) Role of Organic food in the diet

(200)

[This question paper contains 4 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 4884 J

Unique Paper Code : 2234002001

Name of the Paper : G.E : Food, Nutrition and Health

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

Semester : IV (NEP-UGCF)

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 following (any five) ; (1×5=5)

(i) Physical Activity ratio

(ii) Biotin

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- (iii) HbA1c
- (iv) Balanced diet
- (v) RDA
- (vi) Glycemic index

(b) Differentiate between the following (**any three**) :
(2×3=6)

- (i) Type I and Type II Diabetes
- (ii) PUFA and MUFA
- (iii) Vegan and Ketogenic Diet
- (iv) Marasmus and Kwashiorkor

(c) Fill in the blanks : (1×4=4)

- (i) Gluten is a _____ primarily found in _____.
- (ii) Blood pressure is measured with _____.
- (iii) _____ is a method to measure the postprandial increase in the level of glucose.

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- 2. (a) Explain the nutritional needs and dietary patterns of both pregnant women and lactating mothers. (8)
- (b) Discuss the significance of food pyramids with suitable examples. (7)
- 3. (a) What is a balanced diet? Explain the role of micronutrients in a healthy diet. (8)
- (b) What is Vaping? Discuss the harmful effects of e-cigarettes and hookahs. (7)
- 4. (a) Give an account of the causes, effects, and control of alcoholism. (8)
- (b) Explain the sources and beneficial effects of dietary fibers. (7)
- 5. Discuss how one lifestyle disease can lead to other lifestyle diseases. Explain the role of dietary and lifestyle modifications in preventing these diseases. (15)

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