

- (b) Lactose intolerance
- (c) Vitamin C deficiency
- (d) Concept of Health

[This question paper contains 4 printed pages]

Your Roll No. :

Sl. No. of Q. Paper : **6636** **I**

Unique Paper Code : 2234002001

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

Name of the Course : **B.Sc.(Hons.) Zoology-NEP-UGCF**

Semester : II

Time : 2 Hours **Maximum Marks : 60**

Instructions for Candidates :

- (a) Write your Roll No. on the top immediately on receipt of this question paper.
- (b) Attempt any 4 questions in **all**.
- (c) Question **No.1** is compulsory.
- (d) **All** questions carry equal marks.

1. (a) Define the following : 1×5=5

- (i) Food allergy
- (ii) Malnutrition
- (iii) Colostrum

- (iv) Insoluble fibre
- (v) Anorexia nervosa

(b) Differentiate between the following :

2×3=6

- (i) Probiotics and Prebiotics
- (ii) Macronutrients and Micronutrients
- (iii) PUFA and MUFA

(c) Fill in the blanks :

1×4=4

- (i) is a vital nutrient required to produce the thyroid hormone that regulates metabolism, growth and development.
- (ii) is caused by deficiency of Niacin.
- (iii) Three molecules of fatty acids and glycerol form a
- (iv) Lifestyle disorder resulting in high blood glucose in the body is called

2. (a) Describe the dietary sources and physiological functions of proteins in the body. 8

(b) Discuss the symptoms and prevention of Marasmus. 7

3. (a) Discuss the nutritional requirements of the following age groups (i) school children and (ii) elderly. 8

(b) Give an account of the various food groups with examples and functions. 7

4. (a) Discuss the deleterious effects of the following addiction-related social health problems (i) smoking and (ii) alcoholism. 8

(b) Discuss the symptoms of diseases caused by deficiencies of the following minerals (i) iron and (ii) calcium. Add a note on the prevention of these diseases. 7

5. (a) Discuss the role of dietary and lifestyle modifications for the prevention of hypertension. 8

(b) Discuss the causes, symptoms and complications of obesity. 7

6. Write short notes on any **three** : 5×3=15

(a) Balanced diet