

QP Code : U24A023

Reg. No :

Name :

ST MARY'S COLLEGE (AUTONOMOUS), THRISSUR-20

**I SEMESTER B.A./B.Sc./B.Com/BBA/BCA/BSW (FYUGP) DEGREE
EXAMINATION, November 2024**

ZOO1FM1 05(1) : NUTRITION, HEALTH & HYGIENE

2024 Admission Onwards

(Credits: 3)

Time : 1.5 Hours

Maximum Marks : 50

Section A

[Answer all. Each question carries 2 Marks] (Ceiling: 16 Marks)

1. Define the term Macronutrients. [BTL1]
2. Define Basal metabolic rate (BMR). [BTL1]
3. Explain the Concept of Recommended Dietary Allowance (RDA). [BTL2]
4. Outline the role of Potassium in the body and the risks associated with its deficiency. [BTL2]
5. Compare Essential and Nonessential amino acids. [BTL4]
6. Compare Saturated and Unsaturated fatty acids. [BTL3]
7. Describe the role of fibre in cancer of the large intestine. [BTL2]
8. What is the role of Calcium in the body? [BTL1]
9. What are Phytochemicals, and how do they benefit human health? [BTL4]
10. Identify the requirements for maintaining social hygiene. [BTL3]

Section B

[Answer all. Each question carries 6 Marks] (Ceiling: 24 Marks)

11. Illustrate the potential challenges and considerations in the use of functional foods. [BTL3]
12. How does smoking affect a family? [BTL3]
13. What are the primary transmission routes for Typhoid fever, and how does diet therapy help manage the disease? [BTL2]
14. Analyze how lifestyle changes can help in preventing Arteriosclerosis and what role diet plays in its prevention. [BTL4]
15. Enumerate the steps for providing First aid for drowning. [BTL5]

Turn Over

Section C

*[Answer **any one**. Each question carries 10 Marks] (1x10=10 Marks)*

16. Discuss the potential health benefits of cycling compared to walking as a form of exercise. [BTL3]
17. Discuss the roles of different Vectors in the transmission of diseases and mention strategies to control the disease. [BTL5]

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