QP Code: U25DRIS025

Reg. No : .....
Name : .....

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

I SEMESTER (FYUGP/FYVP) DEGREE EXAMINATIONS, NOVEMBER 2025
(Regular/Improvement/Supplementary)
ZOO1FM105(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. Describe the food sources to be avoided for fungal diseases.
2. How do food sources contribute to the intake of essential and nonessential amino acids? Provide examples.
3. Discuss the role of Sodium in diet.
4. Describe the potential health impacts of Vitamin D deficiency.
5. What are the primary functions of lipids in the human body?
6. How does Sleep hygiene influence overall health, and what practices can promote better sleep quality?
7. Differentiate transmission methods for Syphilis and Gonorrhea.
8. Explain the term Dyslexia.
9. You witness a road accident, where a motorcyclist has been thrown off his bike. The rider is conscious but bleeding from the head and arm, and the leg appears broken. How would you provide first aid?
10. Calculate the BMR for a 30-year-old woman who weighs 65 kg and is 165 cm tall.

Section B

*Answer **All**. Each question carries **6** Marks.* ***(Ceiling: 24 Marks)***

11. Describe the significance of Nutraceuticals.
12. Describe the benefits of Yoga.
13. Classify Phytochemicals into their major classes and provide a brief account of each.
14. Discuss the role of carbohydrates as energy sources in the diet.
15. Describe the functions of food and explain their significance in human health.

Turn Over

Section C

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

16. Describe the Basic five food groups, and elaborate their importance.
17. Discuss the physiological effects of alcohol and alcohol abuse. How it affects society?

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