

TB246292F

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2024
2021 ADMISSIONS REGULAR
SEMESTER VI - CHOICE BASED CORE (ZOOLOGY)
ZY6B13AB18 - Nutrition, Health and Life Style Management

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer any Ten questions. Each question carries 2 marks

(10x2=20)

1. What is a balanced diet?
2. Give any two functions of carbohydrates.
3. Write any two nutrition enhancing tips for pregnant woman.
4. What is direct calorimetry?
5. Define polycythemia.
6. Write a note on stress.
7. List any 4 approaches to understand health.
8. Write note on Anxiety.
9. Write note on any two characteristics of lifestyle diseases.
10. List 4 causes of lifestyle diseases.
11. Give 4 habits to control lifestyle diseases.
12. What is Trans fat?



Part B

II. Answer any Six questions. Each question carries 5 marks

(6x5=30)

13. What are minerals? Write notes on any four minerals and its biological role.
14. Give an account on Food Safety and Standard Act, 2006.
15. Describe BMI as a parameter of health care.
16. Write a short note on the factors that impair and improve focus.
17. Give an account on obesity with special reference to its causes and treatment.
18. Describe the occupational lifestyle diseases.
19. Describe soil pollution and its health effects.
20. Write a note on the dangers of alcoholism. Add a note on its medico-legal implications.
21. What are stretching exercises, its types and health benefits?

Part C

III. Answer any Two questions. Each question carries 15 marks

(2x15=30)

22. Write an essay on nutrition in pregnancy and lactation.
23. Write an essay on the determinants of health.
24. How does modern lifestyle influences our health? Give detailed description on any four modern lifestyle disorders.
25. Write an essay on exercise and fitness.