

TB245170T

28.11

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, NOVEMBER 2024

2022 ADMISSIONS REGULAR

SEMESTER V - OPEN COURSE

ND5D01AB20 - Health and Nutrition

Time : 3 Hours

Maximum Marks : 80

Part A

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

(10x2=20)

1. Describe the deficiency signs of vitamin B.
2. Enlist the various sources of Fats.
3. Enlist the various food groups.
4. Explain briefly about balanced diet.
5. Discuss on corneal xerosis.
6. Discuss on Thalassemia.
7. Explain gynoid obesity.
8. Discuss on the limitations of anthropometric measurements.
9. Discuss on bangle test.
10. Discuss on growth charts.
11. Differentiate between various types of diabetes mellitus.
12. Discuss the common types of hypertension.

Part B

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

(6x5=30)

13. Discuss on gynoid obesity.
14. Explain the sources of vitamins.
15. Explain the symptoms of vitamin K, vitamin D and vitamin C deficiency.
16. Discuss on the treatment of vitamin A deficiency.
17. Explain the etiology of obesity.
18. Explain Kwashiorkor.
19. Discuss the anthropometric indices to assess nutritional status in adults and children's.
20. Explain the skinfold assessment technique.
21. Explain dietary management for hypertension.

Part C

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

(2x15=30)

22. Discuss on minerals, functions, deficiency disorders.
23. Explain different functions of food with a flowchart.
24. Discuss on obesity a) definition b) types c) assessment
25. Discuss on hypertension a) risk factors b) types c) management