

**TB206625W**

**Reg. No : .....**

**Name : .....**

**B. Sc. DEGREE (C.B.C.S.) EXAMINATION, MARCH 2023**  
**(2020 Admission Regular, 2019, 2018 Admissions Supplementary)**  
**SEMESTER VI - CHOICE BASED CORE (ZOOLOGY)**  
**ZY6B13AB18 - NUTRITION, HEALTH & LIFE STYLE MANAGEMENT**

**Time : 3 Hours**

**Maximum Marks : 80**

**Part A**

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

**(10x2=20)**

1. Classify the major nutrients into three functional categories.
2. Enumerate the goals of nutrition education.
3. Name the deficiency diseases of Vitamin B1 and B3.
4. Give any two functions of carbohydrates.
5. Define polycythemia.
6. Define health.
7. List any 4 tips to attain mental health.
8. What is COPD?
9. List the causes of peptic ulcer.
10. What is a) SHS b) ETS.
11. What are health campaigns?
12. What is Trans fat?

**Part B**

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

**(6x5=30)**

13. Describe briefly on nutrition education.
14. Explain the role of dietary fibre in food.
15. What are the different levels of physical activity?
16. Write a note on anemia and its types.
17. Describe the lifestyle induced gastrointestinal disturbances.
18. Briefly describe on Diabetes mellitus.
19. Describe air pollution and its health effects.
20. Describe noise pollution and its health effects.
21. Elaborate on the role of health literacy for health promotion.

**Part C**

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

**(2x15=30)**

22. Write an essay on major nutrients and their biological value.
23. Write an essay on the determinants of health.
24. Write an essay on modern lifestyle disorders.
25. Comment on fatty acids and its role in causing lifestyle diseases.