TB251566R

Reg. No :.....

Name :.....

BACHELOR'S DEGREE EXAMINATION, OCTOBER 2025

2025 ADMISSIONS REGULAR

SEMESTER I - MULTI-DISCIPLINARY COURSES (MDC) (NUTRITION AND DIETETICS)

CN1MDC01B24 - Food and Nutrition

Time : 1 Hours

Maximum Marks : 35

Part A

Answer any 3 questions from the bunch of CO1. Each question carries 2 mark. (2x3=6)

1. Describe reference man. [CO1,Remember]
2. Discuss any four applications of RDA. [CO1,Understand]
3. Name two diseases caused by undernutrition [CO1,Understand]
4. Define is optimum nutrition [CO1,Understand]

Part A

Answer any 3 questions from the bunch of CO2. Each question carries 2 mark. (2x3=6)

5. Differentiate between visible and invisible fat. [CO2,Understand]
6. Enumerate the functions of phosphorus. [CO2,Remember]
7. Describe MUFA. [CO2,Understand]
8. Enumerate the functions of zinc. [CO2,Remember]

Part A

Answer any 4 questions from the bunch of CO3. Each question carries 2 mark. (2x4=8)

9. Write two food sources of Vitamin E [CO3,Remember]
10. List any two rich sources of Vitamin A. [CO3,Understand]
11. List two deficiency symptoms of Vitamin C [CO3,Remember]
12. Mention two important roles of Vitamin K in the body [CO3,Remember]
13. State two functions of Vitamin D [CO3,Remember]

Part B

Answer any 1 question from the bunch of CO1. Each question carries 5 mark. (5x1=5)

14. Explain the difference between undernutrition and malnutrition with suitable examples [CO1,Understand]
15. Describe the impact of nutrient imbalance on overall health [CO1,Understand]

Part B

Answer any 1 question from the bunch of CO2. Each question carries 5 mark. (5x1=5)

16. Discuss the functions and sources of sodium and potassium. [CO2,Understand]
17. Discuss the functions and sources of iron. [CO2,Understand]

Part B

Answer any 1 question from the bunch of CO3. Each question carries 5 mark. (5x1=5)

18. Explain the role of antioxidants like Vitamins A, C, and E in preventing cell damage [CO3,Understand]
19. Compare fat-soluble and water-soluble vitamins with suitable examples [CO3,Understand]