



QP CODE: 20100504

Reg No : .....

Name : .....

**BSc DEGREE (CBCS) EXAMINATION, MARCH 2020**

**Sixth Semester**

**Choice Based Core Course - ZY6CBT04 - NUTRITION, HEALTH & LIFE STYLE  
MANAGEMENT**

B.Sc Zoology and Industrial Microbiology Model III Double Main, B.Sc Zoology Model I, B.Sc Zoology Model II Aquaculture, B.Sc Zoology Model II Food Microbiology, B.Sc Zoology Model II Medical Microbiology, B.Sc Biological Techniques and Specimen Preparation Model III

2017 Admission Onwards

CC13AD0E

Time: 3 Hours

Marks: 80

**Part A**

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. What are the functions of sodium and chloride?
2. What are the ways of calorie expenditure?
3. What are the different health approaches proposed by Ewles and Simnett?
4. Define emotional dimensions of health.
5. What is COPD?
6. What is atherosclerosis?
7. What is glycosuria?
8. Name any two common food adulterant.
9. Name any two non communicable diseases caused by inactivity.
10. Name two antioxidants present in natural foods.
11. Name a rich source of omega 3 fatty acids.
12. Mention any two health benefits of walking.

(10×2=20)



### Part B

Answer any **six** questions.

Each question carries **5** marks.

13. Describe nutritional needs in old age.
14. What are the nutritional requirements in extreme environments?
15. Explain the clinical significance of blood pressure.
16. Explain the role of focus or attention on health.
17. Describe BMI and its role in health.
18. How depression is related to lifestyle? How can we overcome this?
19. What is liver cirrhosis and what are the causes and symptoms of liver diseases?
20. Elaborate on poor lifestyle choices.
21. What are the goals of a comprehensive health literacy programme?

(6×5=30)

### Part C

Answer any **two** questions.

Each question carries **15** marks.

22. Write an essay on food adulteration.
23. Describe the role of Pulse, Body temperature and Daily physical activities on health.
24. Write an essay on the common neurological diseases that are related to lifestyle.
25. Discuss the tips for getting good sleep.

(2×15=30)

