

GE-2 [FOOD,NUTRITION & HEALTH]

1. Answer the following questions in 2-3 sentences [1.5 marks]

- Q1. What is a balance diet ?
- Q2. What do you mean by food nutrients ?
- Q3. What is a carbohydrate ? state some examples.
- Q4. What are vitamins ? state some types .
- Q5. Sate definition of health ?
- Q6. What do you mean by PEM ?
- Q7. What is hypertension ?
- Q8. State the full form of AIDS ?
- Q9. What are the sources of potable water?
- Q10.State some examples of water borne infections.
- Q11. What do you mean by food spoilage?
- Q12. What are the causes of food spoilage?
- Q13. State methods of purification of water at domestic level?
- Q14. Mention some lifestyle related diseases?
- Q15. What do you mean by iron deficiency disorders?
- Q16. What is xerophthalmia?
- Q17. What is the importance of vitamins and minerals in our diet?
- Q18. State about the biological functions of minerals.
- Q19. Mention dietary source of carbohydrates, proteins and lipids?
- Q20. What do you mean by nutrition ?

2. Answer the following questions within 75-100 words (2 marks)

- Q1. Describe the dietary pattern for pregnant and nursing mothers ?
- Q2. What is nutrition state it's type?
- Q3. Sate about classification of carbohydrates?
- Q4. Mention lipids along it's classification?
- Q5. What is protein ? state the dietary sources.

- Q6. State dietary source of vitamins and its importance ?
- Q7. Mention biological function of iron and iodide?
- Q8. What do you mean by fat soluble and water soluble vitamins ?
- Q9. State causes of obesity and hypertension ?
- Q10. State causes and treatment of cold .
- Q11. State measures taken to prevent food spoilage?
- Q12. Discuss about PEM.
- Q13. Discuss about Diabetes mellitus ?
- Q14. Discuss about social health problems ?
- Q15. Discuss about protozoan infections?

3. Answer the following questions in 500 words [6 marks]

- Q1. What is a balanced diet? Mention about dietary pattern of various age groups?
- Q2. Discuss about classification, dietary source & role of carbohydrates?
- Q3. Discuss about classification, dietary source & role of lipids?
- Q4. Discuss about classification, dietary source & role of proteins?
- Q5. What is vitamins ? state its types and dietary sources`
- Q6. Mention major nutritional deficiency diseases with special reference to PEM?
- Q7. Discuss vitamin A deficiency disorders?
- Q8. Mention the causes ,symptoms ,treatment & prevention of iodine deficiency disorders?
- Q9. What is AIDS ? state its cause, treatment and preventions.
- Q10. Discuss about social health problems with special reference to alcoholism?
- Q11. Discuss about bacterial infections along its causes & treatment?
- Q12. Discuss about viral infections along its causes and treatments?
- Q13. Discuss about protozoan infections?
- Q14. Discuss about parasitic infections ?
- Q15. What is food spoilage ? state its causes and preventive measures?

