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Reg. No. : .....

Code No. : 20882 E      Sub. Code : ESMI 21

B.Sc. (CBCS) DEGREE EXAMINATION,  
APRIL 2024.

Second Semester

Microbiology

Skill Enhancement Course – II –NUTRITION AND  
HEALTH HYGIENE

(For those who joined in July 2023 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Which of the following food group provides the body best source of energy?  
(a) milk                      (b) meat  
(c) fat                        (d) breads and cereals
2. Vitamin C serves as \_\_\_\_\_  
(a) coenzyme                (b) antagonist  
(c) antioxidant              (d) both (a) and (b)
3. Which of the following foods should be avoided in pregnancy?  
(a) meat  
(b) fish  
(c) eggs  
(d) unpasteurized cheese
4. The food components that are essential to maintain the health and contribute to the growth of the body are known as \_\_\_\_\_  
(a) starch                      (b) nutrient  
(c) vitamin                      (d) all of these
5. What is the primary cause of malnutrition?  
(a) lack of access to clean water  
(b) lack of education about nutritio  
(c) lack of access to nutritious food  
(d) lack of physical activity
6. The deficiency of \_\_\_\_\_ vitamin causes anemia  
(a) Vitamin E                (b) Vitamin D  
(c) Vitamin B<sub>3</sub>                (d) Vitamin B<sub>12</sub>

7. Which agency defined health as a complete state of physical, mental and social well being and not merely absence of illness?

- (a) UNICEF (b) WHO  
(c) WTO (d) Both (a) and (b)

8. \_\_\_\_\_ year National health policy in india was implemented

- (a) 2001 (b) 2002  
(c) 2007 (d) 2013

9. Which of the following options would help to reduce the risk of contamination?

- (a) Not coughing or sneezing over food  
(b) Not touching your hair while preparing food  
(c) Removing loose jewellery before preparing food  
(d) All of the above

10. Disease transmission cycle can be stopped by \_\_\_\_\_

- (a) Sanitation system (b) Improper sanitation  
(c) Water usage (d) Both (a) and (b)

PART B — (5 × 5 = 25 marks)

Answer ALL the questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Describe the basic principles of meal planning and their benefits

Or

(b) Name the vitamins and their corresponding deficiency diseases.

12. (a) Identify the nutritional requirements for pregnant women.

Or

(b) Illustrate the diet chart for normal persons.

13. (a) Interpret the nutritional factors associated with cardiovascular disease.

Or

(b) Explain the nutritional factors associated with anemia.

14. (a) Select the main problems, factors that threaten environmental health.

Or

(b) Evaluate the various strategies of health education.

15. (a) Analyze the steps would you undertake to maintain personal hygiene.

Or

(b) Select the basic rules for sanitation in public places.

PART C — (5 × 8 = 40 marks)

Answer ALL the questions choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Describe the nutritional classification and function of food.

Or

(b) Examine the daily routine balanced diet chart for men.

17. (a) Explain the nutritional requirements for adolescents and Adults.

Or

(b) Discuss the nutritive value of Indian food.

18. (a) Examine the sign and symptoms of malnutrition.

Or

(b) Explain the nutritional factors associated with diabetes.

19. (a) Appraise the main key indicators of health.

Or

(b) Analyze the National Health Policy for future health programs.

20. (a) Predict the general principles of culinary hygiene in the kitchen.

Or

(b) Select the objective and principles of WASH program.