

**24U286**

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Name : .....

Reg. No : .....

**SECOND SEMESTER UG DEGREE EXAMINATION, APRIL 2025**

(FYUGP)

**CC24UFTL2FM106 - FOOD AND HEALTH**

(Food Technology - MDC)

(2024 Admission - Regular)

Time: 1.5 Hours

Maximum : 50 Marks

Credit: 3

**Part A** (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. What is the difference between undernutrition and overnutrition? [Level:1] [CO1]
2. Define adequate nutrition. [Level:1] [CO1]
3. What are nutraceuticals? [Level:1] [CO2]
4. What is GM food? [Level:1] [CO2]
5. Define Food allergy. [Level:1] [CO3]
6. Mention the examples of toxins causing food intoxication. [Level:1] [CO3]
7. What is Diabetes Mellitus? [Level:1] [CO4]
8. List the advantages of using BMI in health assessment tool. [Level:1] [CO1]
9. Define Nutrigenetics. [Level:1] [CO2]
10. What is the role of salt in increasing blood pressure. [Level:1] [CO4]

**(Ceiling: 16 Marks)**

**Part B** (Paragraph questions/Problem)

Answer *all* questions. Each question carries 6 marks.

11. Illustrate the food pyramid helps to promote healthy eating habits. [Level:2] [CO1]
12. Explain how social and economic environment influence health. [Level:2] [CO1]
13. Explain the importance of Heritage foods. [Level:2] [CO2]
14. Explain the role of antinutritional factors in foods and its examples. [Level:2] [CO3]
15. Explain the role of Mediterranean diet in improving heart health. [Level:2] [CO4]

**(Ceiling: 24 Marks)**

**Part C (Essay questions)**

Answer any ***one*** question. The question carries 10 marks.

16. Explain how spiritual health affects a person's overall well-being. [Level:2] [CO1]

17. Explain the long term physical, mental and social benefits of regular exercise. [Level:2] [CO4]

**(1 × 10 = 10 Marks)**

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