

25U279

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Name :

Reg. No :

SECOND SEMESTER UG DEGREE EXAMINATION, APRIL 2026

(FYUGP)

(Regular/Supplementary/Improvement)

CC24UFTL2FM106 - FOOD AND HEALTH

(Food Technology - MDC)

(2024 Admission onwards)

Time: 1.5 Hours

Maximum : 50 Marks

Credit: 3

Part A (Short answer questions)

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

1. What does optimum nutrition mean? [Level:1] [CO1]
2. Illustrate on genetics affect health outcomes. [Level:2] [CO1]
3. What are Prebiotics? [Level:1] [CO2]
4. Mention the benefits of GM foods. [Level:1] [CO2]
5. Define food poisoning. [Level:1] [CO3]
6. Define Food allergy. [Level:1] [CO3]
7. What are the risk associated with high salt diet? [Level:1] [CO4]
8. List the advantages of using BMI in health assessment tool. [Level:1] [CO1]
9. What are heritage foods? [Level:1] [CO2]
10. Mention the benefits of Low carbohydrate diet. [Level:1] [CO4]

(Ceiling: 16 Marks)

Part B (Paragraph questions/Problem)

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

11. Explain mental health and list its key components. [Level:2] [CO1]
12. Explain the importance of each food group in maintaining a balanced diet. [Level:2] [CO1]
13. Explain the concept of nutrigenetics. [Level:2] [CO2]
14. Explain the role of antinutritional factors in foods and its examples. [Level:2] [CO3]

15. Explain connection between physical activity and sleep quality.

[Level:2] [CO4]

(Ceiling: 24 Marks)

Part C (Essay questions)

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

16. Explain the difference between nutrition, overnutrition, undernutrition and malnutrition.

[Level:2] [CO1]

17. Explain obesity and types of diabetes with its symptoms and causes.

[Level:2] [CO4]

(1 × 10 = 10 Marks)
