

(6 pages)

Reg. No. :

**Code No. : 10393 E Sub. Code : ESMI 21/
FSMI 21**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2025.

Second Semester

Microbiology

Skill Enhancement Course – 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 elements are important in nutrition?
(a) Carbohydrates (b) Proteins
(c) Fats (d) All of these

2. Which of the following biomolecules simply refer as 'staff of life'?
(a) Vitamins (b) Proteins
(c) Carbohydrate (d) Lipids
3. What is the pH of water?
(a) 5.5 (b) 8
(c) 9.3 (d) 7
4. Which of the following is not a dairy product?
(a) milk (b) yogurt
(c) fromageries (d) veal
5. What is the consequence of improper diet?
(a) increased energy (b) weight loss
(c) nutrient deficiencies (d) improve health
6. Name the nutrition essential for healthy bones
(a) Vitamin C (b) Calcium
(c) Iron (d) Potassium

7. Which of the following is the most common mental health disorder?
- (a) depression (b) anxiety
(c) schizophrenia (d) bipolar disorder
8. How should infectious waste be disposed?
- (a) In biohazard bag
(b) Recycling bin
(c) Regular utensils
(d) Incinerated
9. What does malnutrition mean?
- (a) Person not eating properly
(b) Under nutrition
(c) Some one starved
(d) Some one eats too much
10. What is the need of balanced diet?
- (a) to give use energy
(b) function of body properly
(c) to help us grow
(d) all of the above

PART B — (5 × 5 = 25 marks)

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

Each answer should not exceed 250 words.

11. (a) Give the importance of nutrition.
Or
(b) What is balanced diet? Explain its components.
12. (a) Describe the nutrition life cycle of lactating women.
Or
(b) Explain the health concepts of adolescents.
13. (a) What are the sign and symptoms of under nutrition?
Or
(b) Explain about Cardio-Vascular disease.
14. (a) Describe about the environment health and its importance.
Or
(b) What are the various health organizations in India? Explain its objectives.

15. (a) Define personal hygiene. Give its importance in daily life.

Or

- (b) How will you improve rural community health?

PART C — (5 × 8 = 40 marks)

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

Each answer should not exceed 600 words.

16. (a) How proteins and vitamins play a vital role in good nutrition?

Or

- (b) State the importance of macro and micro-minerals.

17. (a) Explain the nutrition of infants.

Or

- (b) State the nutritive value of Indian foods.

18. (a) What is obesity? Explain the demerits and disease of it.

Or

- (b) Give a detailed account on osteomalacia.

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19. (a) Explain the methods to be adapt to provide health education to the society.

Or

- (b) Explain the National Health Policy of Government of India.

20. (a) How nutritional committee play a important role in Health society?

Or

- (b) Explain about sanitation and hygiene.
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