

(6 pages)

Reg. No. : .....

Code No. : 10891 E      Sub. Code : ESMI 21

B.Sc. (CBCS) DEGREE EXAMINATION,  
NOVEMBER 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. What happens if our bodies do not get enough water? Our body can get \_\_\_\_\_.  
(a) Thirsty  
(b) Tired  
(c) Energy  
(d) Both (a) and (b)

2. Egg, cheese and milk are rich source of \_\_\_\_\_.  
(a) Vitamin A and D  
(b) Vitamin B and D  
(c) Vitamin B and E  
(d) All of the above
3. The major nutrients in our food are \_\_\_\_\_.  
(a) Carbohydrates      (b) Proteins  
(c) Fats and minerals      (d) All the above
4. A balanced diet will help to prevent \_\_\_\_\_.  
(a) Illness      (b) Appetite  
(c) Growth      (d) Malnutrition
5. Which nutrient deficiency is most commonly associated with malnutrition?  
(a) Vitamin A      (b) Iron  
(c) Vitamin C      (d) Calcium
6. All the nutritional disorders associated with over nutrition except \_\_\_\_\_.  
(a) Hypervitaminosis      (b) Obesity  
(c) Fluorosis      (d) Osteomalacia

7. Main determinants of health status of a person \_\_\_\_\_.

- (a) Income and social status
- (b) Education
- (c) Physical environment
- (d) All the above

8. \_\_\_\_\_ is the head quarters of the WHO.

- (a) USA
- (b) China
- (c) London
- (d) Geneva, Switzerland

9. Which of the following factor is necessary for a healthy person?

- (a) Personal hygiene      (b) Proper diet
- (c) Vaccination            (d) All the above

10. \_\_\_\_\_ refers to the maintenance of personal and environmental hygiene.

- (a) Cleanliness            (b) Sanitation
- (c) Vaccination            (d) Quarantine

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).  
Each answer should not exceed 250 words.

11. (a) Define nutrition and its importance.

Or

(b) List out the various function of proteins in our body.

12. (a) Describe the nutritional requirements for lactating women.

Or

(b) Interpret the nutritive value of Indian food.

13. (a) Predict the nutritional basis of hypertension.

Or

(b) Write short note on nutritional disease with reference to obesity?

14. (a) Select the main problem factors that threaten public health.

Or

(b) Explain the health indicators.

15. (a) Choose the general principles of culinary hygiene.

Or

- (b) Predict the awareness of sanitation in public places.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).  
Each answer should not exceed 600 words.

16. (a) Identify the sources of carbohydrates and its importances in food.

Or

- (b) Enumerate the macro and micro minerals and their functions.

17. (a) Discuss the nutritional requirements for young children and elderly peoples.

Or

- (b) Explain the nutritional requirements and balanced diet for pregnant and adolescents.

18. (a) Determine the protein energy malnutrition.

Or

- (b) Predict the nutritional factors associated with cardiovascular disease.

Page 5 Code No. : 10891 E

19. (a) Select the various determinants of health status.

Or

- (b) Explain the principles of health education.

20. (a) Select the general principles and its importance of medical hygiene.

Or

- (b) Summarize the environmental sanitation and its importance in rural community health.
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Page 6 Code No. : 10891 E