

**CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN,  
NUVEM-GOA  
SEMESTER END EXAMINATION, NOVEMBER-DECEMBER 2022**

**Semester: I      Course name & Code: ZOG 101: Food, Nutrition and Health  
Total marks: 80    Date: 30-11-2022    Duration: 2 Hours    Total No of pages: 2**

**Instructions:** 1. All questions are compulsory  
2. Figures to the right indicate marks

**Q I. Answer any FOUR of the following:** (4 x 4 = 16)

- A. Write a note on food components.
- B. Write a note on lipids-their sources and functions.
- C. Comment on Fat soluble vitamins.
- D. Comment on the changing concepts of health.
- E. Write a note on smoking as a social health problem.
- F. What are potable waters sources? Write a note on methods of purification at domestic level.

**Q II. Answer any FOUR of the following:** (4 x 4 = 16)

- i. What are the specific nutrient requirements for adolescents?
- ii. Write the biological functions of Calcium.
- iii. Write a short note on role of iodine in our body.
- iv. Submit a brief account on food spoilage.
- v. Write a note on fecal-oral route of transmission for infections.
- vi. Write a brief note on Diabetes mellitus.

**Q III A. Comment on importance of balanced diet.** (6)

**OR**

**A. With reference to Protein, give its sources and elaborate on its functions.** (6)

**B. Give a detailed account of dietary plan for expecting mothers.** (6)



Q IV A. Elaborate on B Complex vitamins.

(6)

OR

A. Briefly comment on any three minerals- their sources and biological functions.

(6)

B. Classify carbohydrates based on the number of saccharin units.

(6)

Q V A. Comment on hypertension, its causes and prevention through dietary and lifestyle modifications.

(6)

OR

A. Explain common ailments, their causes, and treatments.

(6)

B. Write a note on nutritional deficiency diseases.

(6)

Q VI A. What is Giardiasis? Write a note on its prevention measures.

(6)

OR

A. What are the parasitic infections associated with food hygiene?

(6)

B. Comment on Viral hepatitis infection.

(6)