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(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER CBCSS-UG / INTEGRATED P.G. DEGREE
EXAMINATION, NOVEMBER 2025**

(2019 Syllabus)

Zoology

ZOL 5D 02T—NUTRITION, HEALTH AND HYGIENE

Time : Two Hours

Maximum : 60 Marks

Section A - Short answer type*All questions can be answered.**Each question carries 2 marks.**(Ceiling 20)*

1. What is the nutritional role of carbohydrate and protein ?
2. Differentiate between Kwashiorkor and Marasmus.
3. Write the concept of physiological fuel value.
4. Distinguish between BMR and BMI.
5. Name the vitamin essential for healthy vision and blood clotting.
6. How can diet help to manage obesity ?
7. Write the importance of personal hygiene.
8. Write the name of any four communicable diseases.
9. What are the symptoms of syphilis ?
10. List out any two mosquito borne disease.
11. What are the first aid steps for drowning ?
12. Define psychological and physical health.

(Ceiling 20)

Section B - Paragraph/ Problem type*All questions can be answered.**Each question carries 5 marks.**(Ceiling 30 marks)*

13. Write an account on protein energy malnutrition.
14. Give an account on factors influencing food selection.

Turn over

15. List the fat-soluble vitamins and comment on their functions
16. Discuss nutritional requirements and meal planning for adult.
17. Elaborate causes, symptoms and dietary management of peptic ulcer.
18. Describe the health risk associated with smoking.
19. Write a note on snake venom and antivenom.

(Ceiling 30 marks)

Section C Essay type

*Answer any **one** of the following questions.
The question carries 10 marks*

20. Discuss the role of nutrients, exercise and hygiene in maintaining health.
21. Write an essay on communicable diseases.

(1 × 10 = 10 marks)