



Reg. No.:

Name:

University of Kerala

First Semester FYUGP Degree Examination, December 2025

Discipline Specific Core Course

HOME SCIENCE

UK1DSCHSC101 - Nutrition for Health

Academic Level: 100-199

2024 Admission onwards

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark
Each.Answer all questions

Qn No.	Question	CL	CO
1	State the food group which can be used liberally from food pyramid Options : A)Pulses and legumes B)Fruits and Vegetables C)Cereals D)Fats and Oils	RE	1
2	Recall the expansion of CFTRI	RE	4
3	Indicate the disease caused by deficiency of thiamine Options : A)Ariboflavinosis B)burning feet syndrome C)Beriberi D)Scurvy	UN	3
4	Give the main characteristics of PEM	UN	3
5	The mineral essential for blood formation is	UN	2
6	Interpret the term 'energy'	UN	1

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Discuss the various dimensions of health	UN	1
8	Explain the primary functions of Zinc in relation to public health and nutrition	UN	2
9	Identify the good and poor sources of calcium	AP	4

Qn No.	Question	CL	CO
10	Classify fats and evaluate their specific functions in the body. Discuss the sources of each class of fats and the potential health consequences associated with its deficiencies	AP	2

Part C. 28 Marks. Time: 60 Minutes (Cognitive Level: Apply (AP)/Analyse (AN)/Evaluate (EV)/Create (CR)) Long Answer. 7 marks each. Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	<p>A) Identify factors affecting your energy needs and describe diet induced thermogenesis</p> <p>OR</p> <p>B) Appraise on the functions, sources and deficiency of protein in the diet</p>	AP	2, 2
12	<p>A) Outline the functions of Iodine. Analyse its sources and deficiency due to it</p> <p>OR</p> <p>B) Generalize on classification, functions and deficiencies of carbohydrates</p>	AN	3, 3
13	<p>A) Discuss the roles of WHO and UNICEF in uplifting the nutritional status globally</p> <p>OR</p> <p>B) Evaluate the effectiveness of different dietary sources of Vitamin A and assess the impact of Vitamin A deficiency on overall health.</p>	EV	4, 3
14	<p>A) Create a chart that shows the functions and sources of fat-soluble vitamins</p> <p>OR</p> <p>B) Discuss the types and role of dietary fibre in human body. Create a breakfast menu rich in fibre</p>	CR	2, 4