TEMPLATE 5

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| University of Kerala | | |
| Discipline: BIOTECHNOLOGY |  | Time: 1 Hour 30 Minutes (90 Mins.) |
| Course Code: UK1MDCBIT102 |  | Total Marks: 42 |
| Course Title: NUTRITION AND HEALTH |  |  |
| Type of Course: MDC |  |  |
| Semester: 1 |  |  |
| Academic Level: 100-199 |  |  |
| Total Credit: 3, Theory: 3 Credit  (Applicable for 4 Credit Course with 1 Credit Practical Also) |  |  |

Part A. 6 Marks. Time: 6 Minutes

Objective Type. 1 Mark Each. Answer All Questions (Cognitive Level: Remember/Understand)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course Outcome (CO)** |
| --- | --- | --- | --- |
| 1. | Name a hormone which is primarily responsible for regulating blood sugar level? | Remember | CO-3 |
| 2. | Which mineral is essential for bone health in children? | Remember | CO-2 |
| 3. | What is a balanced diet? | Understand | CO-1 |
| 4. | Identify the condition in which the number of red blood cells or hemoglobin level is low in our blood | Understand | CO-5 |
| 5. | What is the main role of carbohydrates in nutrition? | Understand | CO-1 |
| 6. | What is the consequence of vitamin D deficiency in children? | Understand | CO-5 |

Part B. 8 Marks. Time: 24 Minutes

Short Answer. 2 Marks Each. Answer All Questions (Cognitive Level: Understand/Apply)

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| --- | --- | --- | --- |
| **Qn.**  **No.** | **Question** | **Cognitive Level** | **Course Outcome (CO)** |
| 7. | What is the importance of fiber rich food for older adults? | Understand | CO-2 |
| 8. | Suggest any two dietary modifications for weight management and mention how it works | Understand | CO-3 |
| 9. | Interpret how physical activity helps to reduce obesity | Apply | CO-6 |
| 10. | Determine the importance of using iodized salt in food | Apply | CO-4 |

Part C. 28 Marks. Time: 60 Minutes

Long Answer. 7 marks each. Answer all 4 Questions, choosing among options within each question.

(Cognitive Level: Apply/Analyse/Evaluate/Create)

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| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course Outcome (CO)** |
| 11. | 1. Determine how the Glycemic Index of foods can be applied for managing a diabetic patient’s diet   OR   1. How lifestyle interventions (diet and exercise) can be applied in the prevention and management of obesity? | Apply | CO-3 |
| 12. | 1. Examine the role of micronutrients in the diet   OR   1. Analyze the role of enzymes in the digestive process of Carbohydrates, proteins and Fat | Analyze | CO-1 |
| 13. | 1. Explain the role of vitamins in nutrition and elaborate on diseases caused by any three vitamin deficiencies   OR   1. Evaluate the social health problems of smoking and alcoholism | Evaluate | CO-5 |
| 14. | 1. Outline the effects of maternal nutritional deficiency on fetal development   OR   1. Develop content for a brochure that effectively communicate the importance of breastfeeding | Create | CO-2 |

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| **Course Outcomes** | **Marks** | **Percentage** |
| CO1 | 9 | 21.4 |
| CO2 | 10 | 23.8 |
| CO3 | 10 | 23.8 |
| CO4 | 2 | 4.8 |
| CO5 | 9 | 21.4 |
| CO6 | 2 | 4.8 |
| **TOTAL** | **42** | **100** |

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| **Cognitive Level** | **Marks** | **Percentage** |
| Remember | 2 | 4.8 |
| Understand | 8 | 19.0 |
| Apply | 11 | 26.2 |
| Analyse | 7 | 16.7 |
| Evaluate | 7 | 16.7 |
| Create | 7 | 16.7 |
| **TOTAL** | **42** | **100** |