

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

PG DEGREE EXAMINATION DECEMBER 2023
(Third Semester)

TRANS DISCIPLINARY COURSE
(Common to PG Programmes)

NUTRITION FOR HEALTH AND WELLNESS

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

1. Exercise is a component of Wellness.
(i) Spiritual (ii) interpersonal
(iii) intellectual (iv) physical
2. Feeling at peace with yourself after meditating is an example of which wellness dimension?
(i) Occupational (ii) spiritual (iii) emotional (iv) mental
3. The principal protein in rice is
(i) Oryzenin (ii) glyadenin (iii) zein (iv) glutenin
4. Element that acts as an antioxidant and has synergistic effect with vitamin E.
(i) Copper (ii) calcium (iii) Selenium (iv) iron
5. The release of _____ decreases the effectiveness of the immune system in responding to prolonged stress.
(i) Corticoids (ii) endorphin (iii) dopamine (iv) serotonin

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

6. a List out any five importance of nutrition.
OR
b Define health.
7. a Give the functional classification of macronutrients.
OR
b Name some deficiency disorders of micronutrients.
8. a Write the components of healthy plate.
OR
b Bring out the essential notifications needed in food label.
9. a Name any three benefits of fitness of health.
OR
b Suggest any two activity that aid in maintaining health of an individual.
10. a Stress has direct influence on health and nutrition. Justify simply.
OR
b What are the stress markers that indicate poor health status in human?

Cont...

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

11. a As a nutritionist what kind of Healthy changes would you suggest for a healthy life of a home maker?
OR
b Describe how trends of undernutrition and overnutrition influences wellness of an individual.
12. a Classify carbohydrates. Explain the role of polysaccharides aid in gut health.
OR
b Enumerate the role of iron on health.
13. a Summarize the millennium development goals of Indians.
OR
b Comment on the nutrition information need to be interpreted for the judicious choice of food from outlets.
14. a Detail the components of physical activity.
OR
b Explain the nutritional requirement during exercise.
15. a Highlight the factors involved in stress development of an individual.
OR
b Narrate the methods adopted in coping of stress.

Z-Z-Z

END