

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

PG DEGREE EXAMINATION DECEMBER 2025
(Third Semester)

TRANS DISCIPLINARY COURSE
(Common to PG Programmes)

NUTRITION FOR HEALTH AND WELLNESS

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Insufficient intake of nutrition to meet an individual's needs is known as a) Malnutrition b) Undernutrition c) Over nutrition d) None of the above	K1	CO1
	2	_____ is a state of physical, mental and social wellbeing not merely absence of diseases a) Health b) Nutrition c) Nutrients d) Stress	K2	CO1
2	3	_____ is a rich source of carbohydrates a) Rice b) Table Sugar c) Honey d) All of the above	K1	CO2
	4	Important function of iron is _____ a) Oxygen transport b) Brain development along with folic acid c) Reduces fatigue d) All of the above	K2	CO2
3	5	The _____ triangle on the food label refers to non-vegetarian foods a) Green b) Brown c) Orange d) Yellow	K1	CO3
	6	The base level in the Indian Food Pyramid is _____ a) Sugars, Processed foods and Fats b) Fruits and Vegetables c) Milk and Meat Products d) Carbohydrates and Starchy foods	K2	CO3
4	7	The maximum force that muscles can produce in a single effort is known as _____ a) Endurance b) Muscular strength c) Force d) Flexibility	K1	CO4
	8	An example for high intensity exercise is _____ a) Walking at slow pace b) Brisk Walking c) Aerobics d) Competitive sports	K2	CO4
5	9	_____ is an external factor contributing to stress in an individual a) Personal attitudes b) Emotional Problems c) Health issues d) Work related stress	K1	CO5
	10	An example for stress reducing foods is _____ a) Alcohol b) Red meat c) Caffeine containing foods d) Fruits, Vegetables and Nuts	K2	CO5

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SECTION - B (35 Marks)Answer **ALL** questions**ALL** questions carry **EQUAL** Marks $(5 \times 7 = 35)$

Module No.	Question No.	Question	K Level	CO
1	11.a.	Explain on the importance of nutrition. (OR)	K4	CO1
	11.b.	Document the changes one has to make to be healthy.		
2	12.a.	Classify carbohydrates. (OR)	K4	CO2
	12.b.	Point out the sources of protein and fat.		
3	13.a.	Interpret on Nutrition Labelling. (OR)	K5	CO3
	13.b.	Explain a healthy plate.		
4	14.a.	Summarize the benefits of fitness. (OR)	K5	CO4
	14.b.	Explain the different levels of activity pyramid.		
5	15.a.	Summarize the link between stress and immunity. (OR)	K6	CO5
	15.b.	Depict the methods of coping stress.		

SECTION - C (30 Marks)Answer **ANY THREE** questions**ALL** questions carry **EQUAL** Marks $(3 \times 10 = 30)$

Module No.	Question No.	Question	K Level	CO
1	16	Explain Health and Wellness. Illustrate in detail the dimensions of health.	K4	CO1
2	17	Outline the functions of Proteins and Fats.	K4	CO2
3	18	Explain about Food Guide Pyramid.	K5	CO3
4	19	Summarize the components of fitness.	K5	CO4
5	20	Predict the nutritional needs for stress management.	K6	CO5