

2024
B.A./B.Sc.
Fourth Semester
GENERIC ELECTIVE – 4
ZOOLOGY
Course Code: ZOG 4.11
(Food, Nutrition & Health)

Total Mark: 70
Time: 3 hours

Pass Mark: 28

Answer five questions, taking one from each unit.

UNIT-I

1. Describe the primary components of food present in healthy human diet. Why are food requirements different for different class of people? Justify your answer. 4+6+4=14
2. Why is protein very important in diets for growing children? Give some recommended diets for infants in India. 7+7=14

UNIT-II

3. What are the different sources of carbohydrates? Describe their significance in human metabolism. 7+7=14
4. How are minerals different from vitamins? Elucidate the significant role of minerals in biological function. 4+10=14

UNIT-III

5. Give your concept of a good health. Mention the symptoms that indicate the deficiency of iodine. Recommend some conventional treatment methods and their effectiveness. 3+5+6=14
6. How do you prevent deficiency of iron? Explain the important causes of iron deficiency and some disorders associated with iron deficiency. 4+10=14

UNIT-IV

7. Describe the important causes of obesity. Recommend some dietary habits and lifestyle modifications for an obese person. $5+9=14$
8. Discuss the ill-effects of alcoholism and drug addiction on human health. State some of the prevention and treatment methods. $8+6=14$

UNIT-V

9. Name the causative agent of taeniasis. What are the common transmission mode and symptoms of taeniasis? Add a note on its prevention. $2+8+4=14$
10. Write notes on the following: $7 \times 2 = 14$
- (a) Causative agent, transmission mode and prevention of cholera
 - (b) Giardiasis
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