

Reg. No.: .....



W6614

Name: .....

**University of Kerala**

Third Semester FYUGP Degree Examination, November 2025

Value Addition Courses

**ZOOLOGY**

**UK3VACZOO201 - Nutrition, Health and Wellness**

Academic Level: 200-299

2024 Admission

**Time: 1 Hour**

**Max. Marks: 28**

**Part A, 4 Marks, Time 5 Minutes (Cognitive Level :Remember(RE)/Understand(UN))Objective Type 1 mark each, Answer all questions**

| Qn No. | Question                                                                                                                                                                                              | CL | CO |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|
| 1      | Micronutrients are required in:<br><br>Options :<br>A) Large quantities<br>B) Small quantities<br>C) Equal quantities<br>D) Variable quantities                                                       | RE | 1  |
| 2      | What is the primary source of energy in a balanced diet ?<br><br>Options :<br>A) Fat<br>B) Protein<br>C) Carbohydrate<br>D) Mineral                                                                   | RE | 2  |
| 3      | The normal BMI range for adults is:<br><br>Options :<br>A) 10–15<br>B) 18.5–24.9<br>C) 25–30<br>D) 30–35                                                                                              | UN | 3  |
| 4      | The nutritional requirement during old age should emphasise<br><br>Options :<br>A) High calorie diet<br>B) Reduced fat, more fibre, adequate calcium<br>C) High sugar intake<br>D) More sodium intake | UN | 2  |

**Part B, 8 Marks, Time 15 Minutes (Cognitive Level :Understand(UN)/Apply(AP))Short Answer 2 marks each, Answer all questions**

| Qn No. | Question                                                | CL | CO |
|--------|---------------------------------------------------------|----|----|
| 5      | Differentiate between Kwashiorkor and Marasmus          | UN | 1  |
| 6      | What are the nutritional requirements during pregnancy? | UN | 2  |
| 7      | Match the Following                                     | AP | 4  |

| Qn No. | Question                                     | CL                      | CO |
|--------|----------------------------------------------|-------------------------|----|
|        | A                                            | B                       |    |
|        | (a) Excessive accumulation of body fat       | Type 2 diabetes         |    |
|        | (b) Insulin deficiency                       | Obesity                 |    |
|        | (c) Uncontrolled division of abnormal cells  | Cardio vascular disease |    |
|        | (d) Disease caused by physical inactivity    | Cancer                  |    |
| 8      | Identify the benefits of yoga and meditation | AP                      | 4  |

**Part C ,16 Marks ,Time 40 Minutes (Cognitive Level :Apply(AP)/Analyse(AN)/Evaluate(EV)/)Long Answer 4 marks each, Answer all questions choosing among options\* within each question**

| Qn No. | Question                                                                                                                                                                                                               | CL | CO   |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|------|
| 9      | A)<br>Discuss the importance of probiotics in diet<br><br>OR<br>B)<br>write a note on any four vitamin deficiency disorders                                                                                            | AP | 1, 1 |
| 10     | A)<br>Discuss how diet and physical activities contribute to the development of lifestyle diseases<br><br>OR<br>B)<br>Analyze the relationship between sedentary lifestyle and the development of hypokinetic diseases | AN | 4, 4 |
| 11     | A)<br>Evaluate the importance of balanced diet in health management<br><br>OR<br>B)<br>Comment on the nutritional requirements in toddlers.                                                                            | EV | 2, 2 |
| 12     | A)<br>Explain the relative impact of PMR and deep breathing on mental well-being<br><br>OR<br>B)<br>Evaluate the relationship between regular physical exercise and reduced stress levels in young adults              | CR | 3, 3 |