



LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

P.G. DEGREE EXAMINATION – CROSS DISCIPLINARY

SECOND SEMESTER – APRIL 2023

PFP2CD01 – DYNAMICS OF FOOD AND HEALTH

Date: 12-05-2023

Dept. No.

Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

SECTION A – K1 (CO1)

Answer ALL the questions

(5 x 1 = 5)

1. Definitions

- a) Lifestyle diseases
- b) BMI
- c) RDA
- d) 24-hour diet recall
- e) Food guide pyramid

SECTION A – K2 (CO1)

Answer ALL the questions

(5 x 1 = 5)

2. Fill in the blanks

- a) _____ refers to an incidence of ill health in a population.
- b) Carbohydrates provide _____ kilo calories of energy per gram.
- c) _____ are used to determine a human being's nutritional and general health status.
- d) _____ is number of calories taken into the body as food minus number of calories expended.
- e) A _____ is one which provides all the nutrients in required amounts and proper proportions.

SECTION B – K3 (CO2)

Answer any THREE of the following in 300 words

(3 x 10 = 30)

- 3. Illustrate the risk factors that predisposes one to lifestyle diseases and its prevention.
- 4. Outline your opinion on obesity and malnutrition.
- 5. Explain the significance of anthropometry in assessing nutritional status.
- 6. Describe nutrition care process and its relevance in optimizing health promotion.
- 7. Enumerate physical activity guidelines and physical activity pyramid.

SECTION C – K4 (CO3)

Answer any TWO of the following in 500 words

(2 x 12.5 = 25)

- 8. Explain the characteristics and uses of health indicators.
- 9. Formulate a Food frequency questionnaire table.
- 10. Enumerate the impact of food and dietary supplements on health outcome.
- 11. Interpret the importance and benefits of physical activity for a healthy living.

SECTION D – K5 (CO4)

Answer any ONE of the following in 750 words

(1 x 15 = 15)

- 12. Summarize the importance of essential nutrients and utilization of nutrients.
- 13. Justify the interpretation on nutrient labelling and health claims.

SECTION E – K6 (CO5)

Answer any ONE of the following in 1000 words

(1 x 20 = 20)

14. Explain the various functions of food with a flow diagram.

15. Enumerate the impact of food and fad diets on health outcome.

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