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Name.....

Reg. No.....

**FIRST SEMESTER (CUFYUGP) DEGREE EXAMINATION
NOVEMBER 2025**

Zoology

ZOO1FM105(1)—NUTRITION, HEALTH AND HYGIENE

(2024 Admissions onwards)

Time : One Hour and a Half

Maximum : 50 Marks

Section A*All questions can be answered.**Each question carries 2 marks.**Ceiling 16 marks.*

1. Name any *two* nutrients in our food acting as source of Energy.
2. Define BMR.
3. Distinguish between essential and nonessential fatty acids.
4. What is Pellagra ?
5. Explain the role of Vitamin K.
6. Describe the benefits of yoga.
7. What is passive smoking ?
8. Name the vector spreading malaria.
9. Describe neuro toxic venom.
10. Explain the first aid for Dog bite.

Section B*All questions can be answered.**Each question carries 6 marks.**Ceiling 24 marks.*

11. Describe the relationship between food, nutrition and health.
12. Explain the importance of dietary fibres in food.

Turn over

13. Describe the benefits and classifications of nutraceuticals.
14. Explain the different types of hygiene.
15. Describe the first aid given to Snake bite.

Section C

*Answer any **one** question.
The question carries 10 marks.*

16. Discuss the sources, functions and deficiency diseases of fat-soluble vitamins.
17. Describe the diet therapy to life style diseases.

(1 × 10 = 10 marks)