

**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI – 86**  
**(For candidates admitted during the academic year 2019 –2020 & thereafter)**  
**SUBJECT CODE: 19SW/ME/FN45**  
**B.S.W. DEGREE EXAMINATION APRIL 2022**  
**SOCIAL WORK**  
**FOURTH SEMESTER**

**COURSE : ELECTIVE**

**PAPER : FOOD AND NUTRITION**

**TIME : 3 HOURS**

**MAX. MARKS: 100**

**SECTION – A**

**ANSWER ALL THE QUESTIONS. EACH ANSWER NOT TO EXCEED 50 WORDS:**  
**(10 x 3 = 30)**

1. Define Food.
2. What are the types of Vitamins?
3. Define health according to WHO.
4. List three Factors Influencing Health and Well-being.
5. Mention six Hygienic Ways of Handling Food.
6. List two Food Laws.
7. Expand AFPRO and FAO.
8. Mention two Government Organisations working for combating Malnutrition.
9. Define Food Security.
10. What do you understand by Right to Food?

**SECTION - B**

**ANSWER ANY FIVE QUESTIONS. EACH ANSWER NOT TO EXCEED 300 WORDS.**  
**(5 x 6 = 30)**

11. Explain the Role of Water in Nutrition.
12. Briefly explain the Interrelationship between Nutrition and Health.
13. Write a short note on the Concept of Balanced Diet.
14. Describe the Health Hazards of Food Adulterants.
15. Write short notes on ICDS.
16. Write short notes on Fermentation, Putrefaction and Decay.
17. Explain Supplementary Feeding Programme.
18. Explain three World Food Problems.

**SECTION - C**

**ANSWER ANY TWO QUESTIONS. EACH ANSWER NOT TO EXCEED 1200 WORDS.**  
**(2 x 20 = 40)**

19. Plan a Group Work with Anganwadi Teachers on the Function and Sources of Carbohydrates, Fats, Proteins, Minerals and Vitamins.
20. Plan a Community Programme on the Nutrient requirements for Pregnant Women, Lactating Mothers, Pre-School and School going Children.
21. Discuss how Food is Contaminated and the Different Sources of Contamination of Foods.
22. Explain the various Nutrient Deficiency Control Programme.

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