

**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI – 600 086**  
**(For candidates admitted during the academic year 2019 –2020 & thereafter)**

**SUBJECT CODE: 19SW/ME/FN45**  
**B.S.W. DEGREE EXAMINATION APRIL 2023**

**SOCIAL WORK**  
**FOURTH SEMESTER**

**COURSE : MAJOR 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. What is meant by the concept of Balanced diet.
2. Explain the role of water in Nutrition.
3. Define Health.
4. What is meant by Protein Energy Malnutrition?
5. List any two Food Laws.
6. Write the different sources of contamination of food.
7. Expand: ICDS, ICMR and NIN.
8. What is meant by Supplementary Feeding Programme.
9. What is meant by Food Security?
10. What are World Food Problems?

**SECTION - B**

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

11. Write short notes on Food Guide.
12. Briefly explain the inter-relationship between Exercise, Physical Fitness and Health.
13. Explain the advantages and disadvantages of using food colorants.
14. Write a brief note on any two government programmes on nutrition.
15. Write short notes on agricultural liberalization on Food Security?
16. Briefly explain the micronutrients and the vitamin deficiencies.
17. Explain briefly about 2 national and 2 international organizations engaged in combating malnutrition.
18. Write short notes on the contamination of foods.

**SECTION - C**

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

19. Describe in detail about Health, fitness and the factors influencing health and wellbeing.
20. Explain in detail the nutritional requirement for the pregnant women, lactating mothers, pre-school and school going children, elderly.
21. Explain in detail about the classification and functions of foods.
22. Describe in detail about the National Food Security Act 2013.

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