

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

B.S.W. DEGREE EXAMINATION APRIL 2024
SOCIAL WORK
FOURTH SEMESTER

COURSE : MAJOR ELECTIVE
PAPER : FOOD AND NUTRITION
SUBJECT CODE : 19SW/ME/FN45
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 Nutrition and Nutrients.
2. What do you mean by Malnutrition?
3. Define Health and Fitness.
4. State the Inter relationship between the Exercise, Physical fitness and Health.
5. What is Balanced Diet?
6. Mention the Functions of Carbohydrates.
7. What are the effects of too high and too low Intake of Proteins?
8. What is the role of Iodine in Foods?
9. What are the Permitted and Non Permitted Food Colourants?
10. Define: Energy.

SECTION - B

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

11. What is the role of Water in Nutrition?
12. Briefly explain the Nutrient requirements for Pregnant Women and Lactating mothers.
13. Write short notes on the different sources of Contamination of Foods.
14. What are the factors influencing Health and Well Being? Explain briefly.
15. Briefly explain about the World Food Problems.
16. Briefly explain the hygienic ways of handling food.
17. Write short notes on the functions of Proteins, Minerals and Vitamins.
18. Briefly Explain Micronutrients with suitable examples.

SECTION - C

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

19. Elaborate in detail about the 3 National and 3 International organisations in Combating Malnutrition.
20. Explain Food Adulteration and Contamination of foods in detail.
21. Discuss in detail about Protein Energy Malnutrition, Vitamin Deficiencies, Preventive Measures, guidelines for healthy eating and RDA.
22. Explain: Food Security Act 2013.
