

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI – 600 086
(For candidates admitted during the academic year 2023 –2024 & thereafter)

B.S.W. DEGREE EXAMINATION, APRIL 2026
SOCIAL WORK
FOURTH SEMESTER

COURSE : MAJOR ELECTIVE
PAPER : FOOD, NUTRITION AND FOOD SECURITY
SUBJECT CODE : 23SW/ME/FN45
TIME : 3 HOURS

MAX. MARKS: 100

Q. No.	SECTION A ANSWER ALL THE QUESTIONS. EACH ANSWER SHOULD NOT EXCEED 50 WORDS (4x 2 = 8 marks)	CO	KL
1.	Define Food.	CO1	K1
2.	List the factors influencing health and well-being.	CO1	K1
3.	State the meaning of Putrefaction.	CO1	K1
4.	Define Food Security.	CO1	K1
Q. No.	SECTION B ANSWER ALL THE QUESTIONS. EACH ANSWER SHOULD NOT EXCEED 75 WORDS (4 x 3= 12 marks)	CO	KL
5.	What is meant by a Balanced Diet?	CO2	K2
6.	Explain briefly the types of PEM.	CO2	K2
7.	Describe Food safety.	CO2	K2
8.	Mention the Indicators of Global Hunger Index.	CO2	K2
Q. No.	SECTION C ANSWER ANY TWO QUESTIONS. ANSWER SHOULD NOT EXCEED 250 WORDS (2 x 8=16 marks)		
9.	Examine and classify foods based on their energy, body building, protective, regulatory and maintenance functions.	CO3	K3
10.	Illustrate the inter-relationship between exercise, physical fitness, and health.	CO3	K3
11.	Explain the different sources of food contamination.	CO3	K3
12.	Compute the components of the Minimum Needs Programme.	CO3	K3
Q. No.	SECTION D ANSWER ANY TWO QUESTIONS. ANSWER SHOULD NOT EXCEED 350 WORDS. (2 X 12 =24 Marks)		
13.	Analyse Nutrition and Nutrients and examine the Interrelationship between Nutrition and Health.	CO4	K4

14.	Analyse the Nutritional Requirements of Pregnant Women, Lactating Mothers, and the Elderly.	CO4	K4
15.	Examine the objectives and components of National Nutritional Anaemia Prophylaxis Programme.	CO4	K4
16.	Evaluate the National Food Security Act 2013.	CO4	K4
Q. No.	SECTION E ANSWER ANY TWO QUESTIONS. ANSWER SHOULD NOT EXCEED 800 WORDS (2 X 20 = 40 Marks)		
17.	Assess the sources and functions of Macro and Micro Nutrients in detail.	CO5	K5
18.	Discuss in detail about how food is contaminated and the different sources of contamination.	CO5	K5
19.	Assess in detail about the National Iodine Deficiency Disorder control programme and Mid- Day Meal programme.	CO5	K5
20.	Evaluate in detail the impact of Globalisation Policies on Food Security.	CO5	K5
