

**D 133633****(Pages : 2)****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)