| **University of Kerala** | | |
| --- | --- | --- |
| Discipline: Home Science |  | Time: 1 Hour 30 Minutes (90 Mins.) |
| Course Code: UK1MDCHSC101 |  | Total Marks: 42 |
| Course Title: **NUTRITION IN COSMETOLOGY** |  |  |
| Type of Course: MDC |  |  |
| Semester: 1 |  |  |
| Academic Level: 100-199 |  |  |
| Total Credit: 3, Theory: 3 Credit  (Applicable for 4 Credit Course with 1 Credit Practical Also) |  |  |

Part A. 6 Marks. Time: 6 Minutes

Objective Type. 1 Mark Each. Answer All Questions (Cognitive Level: Remember/Understand)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course Outcome (CO)** |
| --- | --- | --- | --- |
| 1. | Explain probiotic foods. | Understand | 1 |
| 2. | Identify the nutrients essential for collagen production? | Understand | 1 |
| 3. | Give any two micronutrients. | Understand | 1 |
| 4. | Locate any two minerals crucial for maintaining nail strength. | Understand | 1 |
| 5. | Specify care tips for dry skin. | Understand | 2 |
| 6. | Describe the T-zone of the face? | Understand | 2 |

Part B. 8 Marks. Time: 24 Minutes

Short Answer. 2 Marks Each. Answer All Questions (Cognitive Level: Understand/Apply)

| **Qn.**  **No.** | **Question** | **Cognitive Level** | **Course Outcome (CO)** |
| --- | --- | --- | --- |
| 7. | Explain the concept of anti-aging rainbow in maintaining health. | Understand | 3 |
| 8. | Describe the elements of Holistic beauty. | Understand | 2 |
| 9. | Explain the effects of consuming high glycemic index foods on skin health, particularly in relation to acne development. | Apply | 3 |
| 10. | A girl notices her hair is falling out more than usual. What nutrients might she be missing, and how can she fix this with her diet? | Apply | 2 |

Part C. 28 Marks. Time: 60 Minutes

Long Answer. 7 marks each. Answer all 4 Questions, choosing among options within each question.

(Cognitive Level: Apply/Analyse/Evaluate/Create)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course Outcome (CO)** |
| --- | --- | --- | --- |
| 11. | a.Demonstrate the anatomy and physiology of the skin with the help of a neat labelled diagram.    OR  b.Create a beauty nutrition plan to help reduce signs of aging. Include key nutrients and foods that support healthy skin, hair, and overall vitality. | Create  Create | 3  3 |
| 12. | a.Design a lifestyle plan that enhances scalp health and encourages vibrant hair growth.  OR  b. Explore the cultural and societal influences that shape our understanding of beauty. | Create  Create | 2  4 |
| 13. | a. Assess the impact of essential nutrients on hair growth and discuss their specific functions in promoting healthy hair.  OR  b. Analyze the effects of hormonal imbalances on hair loss. | Apply  Apply | 1  2 |
| 14. | a. Examine the relationship between diet and the management of skin diseases, highlighting practical dietary strategies.  OR  b. Investigate how incorporating superfoods into your diet can enhance beauty and overall skin health. | Apply  Apply | 2  3 |

| **Cognitive Level** | **Marks** | **Percentage** |
| --- | --- | --- |
| Understand | 10 | 23.8 |
| Apply | 18 | 42.9 |
| Create | 14 | 33.3 |
| **TOTAL** | **42** | **100** |

| **Course Outcomes** | **Marks** | **Percentage** |
| --- | --- | --- |
| CO 1 | 4 | 9.5 |
| CO 2 | 13 | 31.0 |
| CO 3 | 18 | 42.9 |
| CO 4 | 7 | 16.6 |
| **TOTAL** | **42** | **100** |