**University of Kerala - UoK-FYUGP  
Pedagogical Approaches and Evaluation - 2024**

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| **University of Kerala** | | |
| Discipline: **Home Science** |  | Time: 1 Hour 30 Minutes (90 Mins.) |
| Course Code: **UK1DSCHSC101** |  | Total Marks: 42 |
| Course Title: **Nutrition for Health** |  |  |
| Type of Course: DSC |  |  |
| Semester: 1 |  |  |
| Academic Level: 100-199 |  |  |
| Total Credit: 4, Theory: 4 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)

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| Qn No | Question | Cognitive Level | Course Outcome (CO) |
| 1 | BMR stand for \_\_\_\_\_\_\_\_\_\_\_\_\_ | Remember | CO1 |
| 2 | Sunshine vitamin is \_\_\_\_\_\_\_\_\_\_ | Remember | CO2 |
| 3 | The primary function of carbohydrates in the body is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Understand | CO2 |
| 4 | The mineral essential for bone health is \_\_\_\_\_\_\_ | Understand | CO3 |
| 5 | Primary symptom of dehydration is \_\_\_\_\_\_\_\_\_\_ | Understand | CO3 |
| 6 | Hypervitaminosis is a condition caused by \_\_\_\_\_\_\_\_\_ | Understand | CO3 |

Part B. 8 Marks. Time: 24 Minutes  
Short Answer. 2 Marks Fach. Answer All Questions

(Cognitive Level: Understand/Apply)

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| Qn No | Question | Cognitive Level | Course Outcome (CO) |
| 7 | Explain the functional classification of food and provide examples for each category. | Understand | CO1 |
| 8 | Describe the functions and deficiencies associated with vitamin C. Provide examples of foods rich in these vitamins. | Understand | CO3 |
| 9 | Interpret the functional importance of water in the human body. | Apply | CO3 |
| 10 | Classify proteins and mention the functions of protein in our body. | Apply | CO2 |

Part C. 28 Marks. Time: 60 Minutes  
Long Answer. 7 marks each. Answer all 4 Questions, choosing among options within each  
question.  
(Cognitive Level: Understand/Apply)

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| Qn No | Question | Cognitive Level | Course Outcome (CO) |
| 11a.  11b. | Explain the functions of food and its relation to health.  Or  Explain the physiological fuel value(energy) of food and how they are determined in foods. | Apply | CO1    CO1 |
| 12a.  12b. | Analyse the functions, sources, and deficiency of Fat.  Or  Differentiate between fat-soluble and water-soluble vitamins. Provide 2 examples for each, explaining their functions and deficiencies | Understand | CO2  CO2 |
| 13a.  13b. | Identify the functions, sources, and deficiencies of thiamine and riboflavin.  Or  Explain BMR and the factors affecting Basal Metabolic Rate (BMR). | Apply | CO3  CO3 |
| 14a.  14b. | Discuss the importance of water in the human body and propose strategies to prevent dehydration.  Or  Interpret the objectives and services of ICDS and SLP in relation to nutrition | Apply | CO3  CO4 |

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| Cognitive Level | Marks | Percentage |
| Remember | 2 | 4.8 |
| Understand | 8 | 19.0 |
| Apply | 11 | 26.2 |
| Analyse | 7 | 16.7 |
| Evaluate | 7 | 16.7 |
| Create | 7 | 16.7 |
| Total | 42 | 100 |

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| Course Outcome (CO) | Marks | Percentage |
| CO1 | 10 | 23.7 |
| CO2 | 11 | 26.2 |
| CO3 | 14 | 33.4 |
| CO4 | 7 | 16.7 |
| Total | 42 | 100 |