

## **UNIT 5 – CONCEPT OF FOOD AND NUTRITION**

### **PART A**

#### **I Answer the following questions (1 Mark)**

1. Define Health/ what is health?
2. Define food/ what is food?
3. Define food science.
4. Define nutrition.
5. What are nutrients? / define nutrients.
6. What is nutrition science?
7. What is Malnutrition? / define malnutrition.
8. What is under nutrition?/ over nutrition.
9. Expand RDA.
10. Define RDA.
11. What is nutritional status?
12. What is good/poor nutritional status?

### **PART B**

#### **II Answer the following questions (2 Marks)**

1. Classify nutrients.
2. Mention the functions of food.
3. What are the physiological functions of food?
4. Write a note on psychological functions of food.
5. What are the social functions of food?
6. Write a note on food habits.
7. Mention the factors affecting food habits.

### **PART C**

#### **III Answer the following questions (3 Marks)**

1. List the functions of food. Explain any one function.
2. Write a short note on “Body building” and ‘Regulatory functions of food’
3. Write a short note on social functions of food.
4. How food is closely associated with emotions. Explain.
5. Write a short note on psychological functions of food.
6. Write a note on RDA.
7. Write a note on food composition table.
8. Give the classification of nutrients with example.

**PART D**

**IV Answer the following questions (5 Marks)**

1. List the different functions of food. Explain them.
2. Explain all physiological functions of food.
3. List the factors affecting food habits. Explain any four.