

Mid-West University
Examinations Management Office
Surkhet, Nepal

End Semester Examination-2080

Level: B.Ed. / III Semester

Time: 3.00 hrs

FM: 60

PM: 30

Sub: Food and Nutrition Education (HEP 435/336)

Candidates are required to give their answers in their own words as far as practicable.

Attempt All the Questions:

Group "B"

6×5 = 30

1. Define nutrition. Write why it is important for our body.
2. What is balanced diet? How do you prepare balanced diet by using locally available foods?
3. What is iodine? Write the problems created by the deficiency of iodine.

Or

Define the term "Vitamin". And write the problems created by the deficiency of vitamin 'A'.

4. Define malnutrition and mention the main causes of malnutrition.
5. Explain the different methods of anthropometric assessment of nutritional status among children.
6. Write the domestic method of food pasteurization and storage in our society.

Or

What are the common food adulteration practices in our community? Give suggestions to control food adulteration.

Group "C"

2×10 = 20

7. Show the diagram and how the digestion and absorption of food in the human body and the metabolism of various nutrients work.
8. Make a list of the food habits of different Nepalese communities and cultures patterns. Write in brief about the health effects of the cultural habits of the said food.

Or

Give the rationale of School Nutrition Programme and make a list of things that are needed during the supervision period of the School Nutrition Programme.

THE END

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Roll No:

Group 'A'

10 × 1 = 10

Tick (✓) the best answers.

1. Which one of the following food substances comes under body building nutrient?
a. Fat
b. Vitamin
c. Protein
d. Carbohydrate
2. Which one of the followings is not the type of disaccharides carbohydrate?
a. Sucrose
b. Cellulose
c. Maltose
d. Lactose
3. How many grams of protein generally does a male or female needs every day?
a. 30-40 grams
b. 50-60 grams
c. 20-30 grams
d. 40-50 grams
4. How much calorie does a school going child of between 13 to 14 years age need every day?
a. 5000-1000 Calories
b. 1000-1500 calories
c. 1000-2500 Calories
d. 2500-3000 calories
5. Which one of the following minerals comes under micro-nutrients?
a. Fluorine
b. Chlorine
c. Calcium
d. Phosphorus
6. Which one of the followings is also known as milk sugar?
a. Sucrose
b. Maltose
c. Lactose
d. Fructose

7. Which one of the following methods is not the commercial method of food preservation and storage?
a. Freezing Method
b. Pasteurization Method
c. Canning Method
d. Burial Method
8. ... is not the nutrition deficiency disease?
a. Pediculosis
b. Rickets
c. Beriberi
d. Night Blindness
9. This food group in our body is the best source of energy?
a. Meat group
b. fats, oils and sweets
c. breads and cereals
d. milk and cheese
10. Which one of the followings is the most frequently used anthropometric measure to estimate body mass?
a. fat-free mass
b. body fat
c. body height
d. body weight