

## Assessment Procedure

### **Food Health and Nutrition- CVAC010**

The assessment procedure of this course was done by a descriptive exam. The total mark for the exam was 50.. The minimum pass percentage was 50 %. Those who secured minimum pass marks were declared qualified. A sample question paper is given below:

### **CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA CERTIFICATE COURSE EXAMINATION FOOD, HEALTH AND NUTRITION**

**TIME: 2 Hours**

**MAX. MARKS: 50**

**Answer any five questions. Each question carries 10 marks.**

1. Differentiate between the different types of carbohydrates with example
2. Briefly classify protein indicating the deficiency diseases caused by it
3. Describe the composition, sources and function of protein
4. Name the B-complex vitamins. Briefly state the sources and functions of each these vitamins
5. Explain the functions of food and concept of balanced diet
6. Discuss the nutritional lifecycle of pre-school children, adolescent children and pregnant woman
7. Discuss the consequences of deficiency and excess consumption of nutrients on human health?

**5x10 = 50**



  
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