

OCTOBER 2012

U/ID 14831/UCAH

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Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 50 words.

1. Balanced diet.
2. Yogic diet.
3. Carbohydrate.
4. Proteins.
5. Herbs.
6. Natural Sugar.
7. Classification of food.
8. Importance of minerals.
9. Digestion.
10. Importance of Vegetables.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain selection of diet according to needs.

Or

(b) Explain the role and importance of diet in life.

12. (a) Briefly explain about intake of food according to age group.

Or

(b) Briefly explain the position of hydrocarbons in carbohydrate, fat and protein.

13. (a) Describe any two nuts rich in protein.

Or

(b) Describe any two grains rich in protein.

14. (a) List any six Satvic food.

Or

(b) List any six Rajastic food.

15. (a) How germinated pulses are good for health?

Or

(b) What do you mean by malnutrition?

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe the role of yogic centers in preparing yogic diet.

Or

(b) Explain the aim and objectives of yogic diet.

17. (a) Write in detail the importance of vegetarian food.

Or

(b) Write in detail the importance of non vegetarian diet.

18. (a) Write in detail the importance of green leaves in diet.

Or

(b) Write in detail the importance of fruits in diet.

19. (a) Explain the characteristics of Tamasvic food and its effect on human body.

Or

(b) Explain the characteristics of Rajastic food and its effect on human body.

20. (a) What upanishads say about food, and eating?

Or

(b) Food can be a medicine or poison – Elucidate.

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