

MAY 2013

U/ID 14831/UCAH

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.

Define/Explain.

1. Yoga.
2. Vegetables.
3. Importance of diet.
4. Needs of diet.
5. Malnutrition.
6. Tamasic food.
7. Digestion.
8. Rajastic food.
9. Milk and Salts.
10. Dietetic treatment.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain the importance of yogic diet.
- Or
- (b) Explain the need of Yoga centers.
12. (a) Explain the importance of proteins and carbohydrates in yogic diet.
- Or
- (b) Describe the role of vegetarian food.
13. (a) Describe the role of vegetables juices in yogic diet.
- Or
- (b) Describe the role of fruit juices in yogic diet.
14. (a) Describe the role of rajastic food in yogic diet.
- Or
- (b) Describe the effects of tamasic food.

15. (a) Describe the constituents of food.

Or

- (b) Explain the role of vegetables in regular life.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Explain the selection of diet according to the age group.

Or

- (b) Explain the need and importance of diet on regular life.

17. (a) Describe in detail the food categories and its importance.

Or

- (b) Explain in detail the importance of vegetarian and non-vegetarian food.

18. (a) Explain the need and importance of proteins and minerals.

Or

- (b) Explain the effect and characteristics of satvic food in yogic diet.

19. (a) How food can serve as a medicine in day-today life?

Or

(b) Describe the need and importance of butter and ghee in yogic diet.

20. (a) Describe the importance of eating habits in regular life.

Or

(b) Briefly discuss about treatment through diet.
