

2023
SRCMUJ
2nd Semester Examination
M.Sc.
Nutrition and Public Health
NPH-C201
Food Style, Life Style and Health

Full Marks: 40

Time: 2 Hours

The figures in the margin indicate full marks.

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

- 1. Answer any four of the following questions: 2x4**
- a. Write the role of natural killer cell in innate immunity.
 - b. Define 'Healthy food style'.
 - c. Write the names of any two nutrients having immunomodulatory function.
 - d. Write the definition of nutritional status.
 - e. What do you mean by positive health?
 - f. Define contagious disease.
- 2. Answer any five of the following questions: 4x5**
- a. 'Vitamins are modulators of immunity' - Justify it. 4
 - b. Write about the undesirable effect of unhealthy food style and work style. 2+2
 - c. Describe about the components of well-being. 4
 - d. Write about physical and mental dimension of health 2+2
 - e. What is diabetes mellitus? How food and life style are related with this disease? 2+2
 - f. Classify the workstyle. 4
 - g. Describe the steps adopted for conversion of unhealthy work style to healthy work style. 4
 - h. How is cholesterolemia cured by regular physical activity? 4
- 3. Answer any two of the following questions: 6x2**
- a. Describe the process of immunomodulation by any one nutrient. 6
 - b. Write about the determinants of food style. 6
 - c. Discuss the effect of drug and alcohol abuse on human health. 3+3
 - d. Describe the strategies adopted for maintaining healthy food style. 6