

**Total No. of Questions : 09**

**Subject Code : MHM-105-18**

**M.Code : 75147**

**Time : 3 Hrs.**

**Max. Marks : 60**

1. **SECTION-A is COMPULSORY** consisting of **TEN** questions carrying **TWO** marks each.
2. **SECTION-B** contains **FIVE** questions carrying **FIVE** marks each and students have to attempt any **FOUR** questions.
3. **SECTION-C** contains **THREE** questions carrying **TEN** marks each and students have to attempt any **TWO** questions.

## SECTION-A

**Q1. Write short notes on :**

- RDA
- Water Balance
- Role of fibres
- Role of Minerals
- BMI
- Water soluble vitamins
- Amino acids
- Role of fats in body
- Fructose
- Balanced diet

### **SECTION-B**

- Q2. Discuss the importance of Healthy living and fitness.
- Q3. What are the objectives of food planning?
- Q4. What do you mean by protein sparing action of food?
- Q5. What are the harmful effects of junk food?
- Q6. Write a short note on human addiction.

### **SECTION-C**

- Q7. Discuss the role of food in preventing diseases.
- Q8. Write in detail the functions of carbohydrates in our body.
- Q9. Discuss the importance of Healthy breakfast in daily diet.

**NOTE : Disclosure of Identity by writing Mobile No. or Making of passing request on any page of Answer Sheet will lead to UMC against the Student.**