

**2021**

**HEALTH EDUCATION AND SPORTS NUTRITION**

**Paper: MPCC-303**

**Full marks: 70**

*The figures in the margin indicate full marks.*

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

**Answer all the questions**

1. What do you mean by Health? Describe different determinants of Health? What is usefulness of Health Education? 3+7+5

*Or,*

What is Mental Health? How can Mental Health be improved? Explain different types of Occupational Health. 3+5+7

2. What do you mean by Hypokinetic Diseases? Write the preventive measures of Diabetes and Spondylosis. 5+10

*Or,*

What could be the health related problems in school environment? Discuss the roles of Health Organizations to improve the Children's Health. 10+5

3. What are the types of hygiene? Write down effects of Alcohol on health. 8+7

*Or,*

What are lifestyle diseases? How can we maintain Healthy Lifestyle? 5+10

4. Write short notes on the following (*any two*): 7.5x2

- a) Role of Protein for Health
- b) Maintenance of Blood pressure by Exercise
- c) Role of diet in Weight Management
- d) Social Health

*Please Turn Over*

(2)

5. Answer the MCQs by choosing the right option from the following and write it on your answer script (*any ten*): 1x10

- a) All of the following are the components of foods except\_\_\_\_\_.
  - (i) Carbohydrates
  - (ii) Proteins
  - (iii) Vitamins
  - (iv) Fiber
  
- b) Which of the following are the micronutrients?
  - (i) Vitamins and Minerals
  - (ii) Proteins and Vitamins
  - (iii) Carbohydrates and Fats
  - (iv) Proteins and Minerals
  
- c) Which of the following nutrients are the energy producers?
  - (i) Carbohydrates and Proteins
  - (ii) Proteins and Fats
  - (iii) Carbohydrates and Fats
  - (iv) Proteins and Vitamins
  
- d) How much energy will you get from one gram of glucose?
  - (i) 3.8 kilocalories
  - (ii) 4.2 kilocalories
  - (iii) 4.8 kilocalories
  - (iv) 5.2 kilocalories
  
- e) Which of the following are the examples of Monosaccharides?
  - (i) Glucose, galactose, and fructose
  - (ii) Galactose, maltose
  - (iii) Cellulose, starch, and glycogen
  - (iv) Glucose and cellulose
  
- f) The human body uses carbohydrates in the form of \_\_\_\_\_ (fill in the blank).
  - (i) Glucose
  - (ii) Glycogen
  - (iii) Starch
  - (iv) Enzymes

*Please Turn Over*

(3)

- g) Which lifestyle disease is related to heart attack, atherosclerosis and high blood pressure?
- (i) Cancer
  - (ii) Cardiovascular disease (CVD)
  - (iii) Type 1 Diabetes
  - (iv) Type 2 Diabetes
- h) Which of the following is not a lifestyle disease?
- (i) Type 2 diabetes
  - (ii) Cancer
  - (iii) Cardiovascular disease
  - (iv) Pneumonia
- i) What is the definition of overweight?
- (i)  $\text{BMI} > 30.00 \text{ kg/m}^2$
  - (ii)  $\text{BMI} = 20\text{-}24.9 \text{ kg/m}^2$
  - (iii)  $\text{BMI} = 25\text{-}29.9 \text{ kg/m}^2$
  - (iv)  $\text{BMI} < 20\text{-}25 \text{ kg/m}^2$
- j) Diseases that spread from one person to another are called \_\_\_\_\_.
- (i) Communicable diseases
  - (ii) Degenerative diseases
  - (iii) Non-communicable diseases
  - (iv) None of the above
- k) Which of the following diseases is an example of non-communicable diseases?
- (i) Cancer
  - (ii) Diabetes,
  - (iii) Hypertension
  - (iv) All of the above
- l) Alzheimer's and osteoporosis are examples of \_\_\_\_\_.
- (i) Communicable diseases
  - (ii) Degenerative diseases
  - (iii) Non-communicable diseases.
  - (iv) None of the above
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