



EASTERN UNIVERSITY, SRI LANKA

THIRD YEAR, FIRST SEMESTER EXAMINATION IN AGRICULTURE-2008/2009

ACH 3102- FOOD AND NUTRITION-2(30/00)

END SEMESTER EXAMINATION (SEPTEMBER/OCTOBER-2009)

Time : 2 hours.

Answer All Questions

1. a) Describe the importance of Basic Food Groups in preparing Balanced Diet.
b) Discuss the usage of Recommended Daily Allowance and Food Composition Table in Meal Planning.
2. a) Briefly describe the *Dietary Survey Methods* which you would like to adopt to assess the nutritional status of a village community.
b) What are the *Biochemical Methods* that would be used for assessing the nutritional status of human.
c) Briefly discuss the commonly used *Clinical Methods* for assessing the nutritional status of human.
3. Discuss the importance of following in Human Nutrition
 - a) Food Pyramid
 - b) Breast Feeding
 - c) Non-Communicable Diseases.
 - d) Anthropometric Measurements
4. Write short notes on the following Nutritional Disorders
 - a) Protein Energy Malnutrition
 - b) Xerophthalmia
 - c) Iron Deficiency Anemia
 - d) Iodine Deficiency Disorder
