



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF CHITRAL  
DEGREE OF BACHELOR OF UNANI MEDICINE AND SURGERY  
LEVEL II – SECOND SEMESTER EXAMINATION - July - August 2019  
IA 2205 – NUTRITION AND FOOD CUM MEDICINE

Date: 23.07.2019

Time: 9.45 a.m. – 11.15 a.m.

Index No

Answer all questions.

**Part I - Structured Questions**

1. a. What is a balance diet (06 Marks)

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- b. List macronutrient food groups (03Marks)

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- c. Write the major nutrients found in Green leaves (03 Marks)

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- d. Explain health importance of Green leaves in health (08 Marks)

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2. a. What is Food Digestion (04 Marks)

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b. Briefly explain the mechanism of chemical digestion (06 Marks)

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c. Name the nutrient groups which is not undergo through the chemical digestion (02 Marks)

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d. Write the components of gastric juices and their functions (08 Marks)

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**Part II - Essay Questions**

1. (a) What do you mean by Antioxidants? (05 Marks)

(b) Discuss the life style and dietary changes that prevent Cancer (15 Marks)

2. (a) List five Nutrient deficiency disorders commonly found in Sri Lanka (05 Marks)

(b) Explain Protein Energy Malnutrition (PEM) (07 Marks)

(c) Discuss the possible interventions to overcome PEM in Sri Lanka (08 Marks)

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