

INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO,

RAJAGIRIYA

LEVEL II BUMS- SECOND SEMESTER EXAMINATION - MARCH 2016

NUTRITION AND FOOD CUM MEDICINE - IA 2205

Time: 1 ½ hour
9.45 a.m. - 11.15 a.m.

Index No:

Answer all questions.

Structured Questions

1. What is a balance diet?

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(05 Marks)

2. Name energy yielding nutrients groups

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(06 Marks)

3. What are the major nutrients found in Green Leaves?

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(03 Marks)

4. Explain the importance of Green Leaves in maintaining health

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(06 Marks)

2017
2016

2. (a) What is Genetically Modified (GM) Foods?

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..... (05 Marks)

b. Write two advantages and two disadvantages of GM foods

Advantages of GM foods

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..... (04 Marks)

Disadvantages of GM foods

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..... (04 Marks)

c. Name four Foods for which GM Technology is commonly used

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..... (04 Marks)

d. Write three Recent Advances in Nutrition

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..... (03 Marks)

Essay Questions

1.1. What do you mean by nutritional assessment? (05 Marks)

1.2. Discuss how you used anthropometric measures in assessment of obesity (15 Marks)

2.1. What do you mean by Anti oxidant (05 Marks)

2.2. Discuss the health benefits of Anti oxidant (15 Marks)
