

EXAMINATIONS
Institute of Indigenous Medicine
22 MAR 2021
University of Colombo



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
DEGREE OF BACHELOR OF UNANI MEDICINE AND SURGERY
LEVEL II BUMS SECOND SEMESTER EXAMINATION MARCH - APRIL 2021
IA 2205 - NUTRITION AND FOOD CUM MEDICINE

Date: 22.03.2021

Time: 09.45 a.m. – 11.15 a.m.

Index No:

Answer all questions.

Part I - Structured Questions

I.

1.1. What is meant by Genetically Modified (GM) Foods? (02 Marks)

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1.2 Write two advantages and two disadvantages of GM foods

Advantages of GM foods (02 Marks)

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Disadvantages of GM foods (02 Marks)

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1.3 Name **four** foods items available in the market by GM Technology (04 Marks)

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2.
2.1 Define Probiotics (02 Marks)

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2.2 Write two probiotics enriched food products available in Sri Lanka (02 Marks)

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2.3 List five microorganisms which are commonly used as probiotics (05 Marks)

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2.4 What do you mean by prebiotics? (01 Marks)

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3.

3.1 What do you mean by Carcinogens? (02 Marks)

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3.2 Name three foods items that could be more prone to found carcinogenic substances. (03 Marks)

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3.3 Write a healthy diet plan that would be prevent colon cancer (05 Marks)

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4.

4.1 What is PEM (Protein Energy Malnutrition)? (02 Marks)

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4.2 Give four causes for PEM in Sri Lanka (04 Marks)

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4.3 Write the non-clinical forms of PEM (03 Marks)

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4.4 Give two example for high quality protejn (01 Marks)

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Part II – Essay Questions

1.
 - 1.1 What is nutritional assessment? (05 Marks)
 - 1.2 Discuss how anthropometric measures used in assessment of obesity (15 Marks)

2.
 - 3.1 What do you mean by Anti-oxidant? (05 Marks)
 - 3.2 Discuss the health benefits of Anti-oxidant (10 Marks)

22.03.2021
