

VINAYAKA MISSION'S RESEARCH FOUNDATIONS, SALEM
(Deemed to be University)

B.Sc OPTOMETRY DEGREE EXAMINATION – August 2019
First Year

PSYCHOLOGY AND NUTRITION

Time: Three hours

Maximum: 80 marks

Use Separate answer books for Part A and Part B

PART – A – PSYCHOLOGY

Time: One and half an hour

Maximum: 40 marks

SECTION – A

I. Answer ALL Questions: (5 x 1 = 5)

1. Psychology is the science of _____.
2. _____ is the branch of applied Psychology which tries to study the behavior of the persons like clients, criminals, witness, etc.
3. Figure – Ground relationship is the process of _____.
4. People use _____ route when they look into the arguments in the communication.
5. _____ can be regarded as something which prompts and compels individual to attain some specific goal.

II. Write True or False : (5 x 1 = 5)

1. Classification into extrovert and introvert was proposed by Jung.
2. Learning how to swim and drive is Motor learning form of learning.
3. Geo psychology is branch of Basic Psychology.
4. Confidence is all the guidelines for relationship between therapist and Patient.
5. The behavior involving the care and protection of the offspring by the females as a species is called Maternal Behaviour.

SECTION – B

II. Write short notes on any TWO of the following: (2 x 5 = 10)

1. List out the branches of pure psychology.
2. Write a brief note on Public relation.
3. Explain the adapting changes in Vision.
4. Explain the process of Memorization.

SECTION – C

III. Write an essay on any TWO of the following: (2 x 10 = 20)

1. Discuss the Historical Development of Psychology.
2. Elaborate in detail the various types of Motive.
3. Explain the importance of relationship between Therapists and Patients.

(p.t.o)

PART – B – NUTRITION

Time: One and half an hour

Maximum: 40 marks

SECTION - A

I. Answer ALL Questions

(5 x 1 = 5)

1. Foods rich in carbohydrates and fats are called
 - a. Body building foods
 - b. Productive foods
 - c. Energy yielding foods
 - d. All the above

2. 1 caloric is equal to
 - a. 4.184 mega joules
 - b. 4.184 joules
 - c. 4.184 kilo joules
 - d. All the above

3. Examples of EFA
 - a. Linoleic acid
 - b. Palmitic acid
 - c. Oleic acid
 - d. Butyric acid

4. Caloric requirement for working man
 - a. 2500 kcal
 - b. 2300 kcal
 - c. 2545 kcal
 - d. 1500 kcal

5. 1g of fat gives _____ kcal
 - a. 5
 - b. 6
 - c. 8
 - d. 9

II. Fill in the blanks:

(5 x 1 = 5)

1. _____ is the science of foods.
2. Meats are rich in protein.
3. Expansion of EFA.
4. 1G of protein yield _____ kcal.
5. Expansion of PEM _____

(p.t.o)

SECTION - B

III. Answer any **TWO** of the following:

(2 x 5 = 10)

1. Explain BMR.
2. Explain the sources and functions of protein.
3. Write a brief note on EFA.
4. Briefly explain the deficiency and excess of calcium.

SECTION - C

IV. Answer any **TWO of the following:**

(2 x 10 = 20)

1. Write an account an nutritional assessment and its methods.
2. Sources, function, properties and deficiencies of vitamin – A.
3. Briefly explain PEM and the eye.
4. Explain about function, sources, deficiency and excess of iron.
5. In detail measles and associated eye disorders.
6. Write a measurement, energy value of food and energy imbalance.

(Sl.No.M21664)