

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

B.OPTOMETRY DEGREE EXAMINATION – September 2021
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. The Psychology Word from _____.
2. The scientific approach is more useful at answering questions about _____ than questions about _____.
3. Psychologist exploring the impact of a new drug on activity in the brain is working on the _____ level of Personality has been described in terms of traits by _____.
4. _____ is to nature as _____ is to nurture.
5. _____ is the belief that the mind is fundamentally different from the body.

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

1. The lower level of explanation focuses on interpersonal processes.
2. Hindsight bias refers to people's tendency to have positive memories of their childhood.
3. Over time, psychology changed from being a philosophical to a scientific discipline.
4. Introspection involves asking people to report on their own mental processes as they happen.
5. Forensic psychology focuses on issues relevant to the criminal justice system.

SECTION – B

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

1. Nature of Psychology.
2. Describe the Intelligence.
3. Explain the Conflict Management in Public Relation.
4. Discuss the relevance of Medical psychology in today's concept.

SECTION – C

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

1. Elaborate the Adapting the Changes in Vision.
2. Explain in the Patients in Milan.
3. Give a detailed account on type theory of Personality.

(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. Iodine deficiency leads to

- a. Beriberi
- b. Rickets
- c. Scurvy
- d. Goiter

2. Satiety center.

- a. Pituitary
- b. Hypothalamus
- c. Thyroid
- d. Adrenal

3. Maize protein

- a. Zein
- b. Casein
- c. Gluten
- d. None

4. 1g fat yield

- a. 9.45 calories
- b. 8.65 calories
- c. 9.40 calories
- d. 8.49 calories

5. Ca: P ratio in the diet

- a. 1:2
- b. 1:3
- c. 1:1
- d. 1:4

II. Fill in the blanks:

(5 x 1 = 5)

- 1. Hyperphagia means _____.
- 2. Two types of protein metabolism _____ & _____.
- 3. Glucose stored in the form of _____ in liver.
- 4. Energy value of food determined by _____.
- 5. Two groups of EFA _____ & _____.

(p.t.o)

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SECTION - B

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

(2 x 5 = 10)

1. Write about Indian reference man & woman.
2. Explain Measles eye infection.
3. Discuss about the development of cataract due to excess lactose.
4. Write a short note on N2 balance.

SECTION - C

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

(2 x 10 = 20)

1. Explain about the stages, effects & prevention of Vit-A deficiency?
2. Discuss about: i. Heme & non-heme iron ii. Iron deficiency Anaemia.
3. Principles of planning diet & Basic 5 food group system.

(Sl.No.M21104)