

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

B.Sc OPTOMETRY DEGREE EXAMINATION – August 2018
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. Principle of simplicity follows from _____
2. B.F Skinner differed from Ivan Pavlov by applying.
3. Erikson's stage of industry vs inferiority occurs during.
4. The concept of clinical psychology was given by _____
5. Modern definition of psychology is _____

II. Write True or False :

(5 x 1 = 5)

1. First person to define psychology was William Mc Dougall
2. Leader who focuses on only getting the job called autocratic leadership
3. Human needs according to Maslow are arranged in hierarchies of prepotency
4. Learning how to swim and drive is motor learning form of learning
5. CAT was developed by Dr.T.Giftson

SECTION – B

II. Write short notes on any TWO of the following:

(2 x 5 = 10)

1. What is memory and explain its types.
2. Write a brief note on public relation.
3. Explain the types of intelligence test
4. Briefly explain the branches of applied psychology

SECTION – C

III. Write an essay on any TWO of the following:

(2 x 10 = 20)

1. Give a detailed account on type theory of personality.
2. Elaborate the barriers to communication
3. Explain in detail the guidelines for a good relationship between therapists and patients

(p.t.o)

PART – B – NUTRITION

Time: One and half an hour

Maximum: 40 marks

SECTION - A

I. Multiple Choice questions:

(5 x 1 = 5)

1. A healthy diet is a diet that helps.
 - a. Maintain (or) improve overall health
 - b. provides essential nutrition
 - c. Adequate calories
 - d. All the above

2. A diet high in saturated fats can be linked to which of the following?
 - a. Kidney failure
 - b. Bulemia
 - c. anorexia
 - d. Cardiovascular diseases

3. Body needs vitamins minerals because
 - a. they give energy
 - b. Carry out metabolic reactions
 - c. Insulate body's organs
 - d. Withdraw heat from body

4. Which of the food group is our body's best source of energy?
 - a. Neat group
 - b. fats oils and sweets
 - c. Breads and cereals
 - d. Milk and cheese

5. The milk, cheese and yogurt group are important for
 - a. Strong bones
 - b. teeth
 - c. Muscles
 - d. all the above

II. Fill in the blanks:

(5 x 1 = 5)

1. _____ is the building blocks of proteins.
2. Nuts are high in _____.
3. Biological value compares the amount of _____ retained in the body for maintenance and growth.
4. _____ is the degree at which food gives a human a sense of good gratification.
5. _____ is a protein the controls blood sugar level.

(p.t.o)

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SECTION - B

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

(2 x 5 = 10)

1. Functions of proteins
2. Types manifestations of beriberi
3. Define balanced diet and its planning principles
4. What are macro and micronutrients? Write about iron

SECTION - C

IV. Answer any **TWO** :

(2 x 10 = 20)

1. Write an account on nutritional assessment and its methods.
2. PEG explain
3. In detail explain function, sources ad deficiencies of vitamin 'A'
4. Explain about proteins – functions classification digestion and absorption.
5. How calcium is important to our body and explain its deficiencies and sources
6. To improve the nutritional status of our country what are the measures taken by Indian government .
