



TERTIARY AND VOCATIONAL EDUCATION COMMISSION

NVQ Level 5 Semester I Examination– 2020/21

Diploma in Cosmetology

Nutrition, Diet and Exercise Related to Cosmetology - 093C001M04

* Answer any **five (05)** questions including compulsory **question No 1**.

Time: 3 Hours

Total Marks: 100

Question No: 01 (Compulsory question)

1. Fill in the blanks (1-40).

(20 marks)

Vitamin	Scientific Name	Good Sources (02 sources)	Body Functions (02 functions)
Vit. B ₁	1.	2. 3.	4. 5.
Vit. B ₂	6.	7. 8.	9. 10.
Vit. B ₃	11.	12. 13.	14. 15.
Vit. B ₅	16.	17. 18.	19. 20.
Vit. B ₆	21.	22. 23.	24. 25.
Vit. B ₇	26.	27. 28.	29. 30.
Vit. B ₉	31.	32. 33.	34. 35.
Vit. B ₁₂	36.	37. 38.	39. 40.

2. Explain the classification of Obesity.

(05 marks)

3. Discuss the exceptions to the BMI rule.

(10 marks)

4. Explain the importance of antioxidant property.

(05 marks)

(40 marks)

Question No: 02

1. What does empty calories mean? Explain briefly. (06 marks)
2. Explain three (03) health consequences of obesity. (09 marks)

(15 marks)

Question No: 03

1. Explain the cutaneous / dermatologic manifestations of following vitamin deficiencies.
 - a) Vitamin B₇ deficiency (03 marks)
 - b) Vitamin B₉ deficiency (03 marks)
 - c) Vitamin B₃ deficiency (03 marks)
 - d) Vitamin C deficiency (04 marks)
 - e) Vitamin B₁₂ deficiency (02 marks)

(15 marks)

Question No: 04

1. Discuss three (03) health benefits of physical exercises. (09 marks)
2. Explain the limitation signs of proper exercises. (06 marks)

(15 marks)

Question No: 05

1. Explain three (03) contraindications of physical exercises. (09 marks)
2. Compare and contrast balanced exercises and flexibility exercises. (06 marks)

(15 marks)

Question No: 06

1. Introduce three (03) healthy drink (home remedies) that enhance outer beauty. (09 marks)
2. Discuss the health benefits of warm (boiled) water. (06 marks)

(15 marks)

Question No: 07

1. How does fat differ from lipids? (05 marks)
2. Is diet planning the best way for weight control? Explain your answer. (10 marks)

(15 marks)