



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION
B. Sc. Culinary Arts

Type: Semester End Assessment (SEA)

Date: 08/04/2025

Batch and Semester: 2024-2027 & II

Total Marks: 40

Time Duration: 01 Hour

Course Name: Health and Wellness

Course Code: VAC-114

Faculty: Mr. Shubham Lokre

This paper contains 02 pages in addition to the cover page.

Full Name of the Student: _____

Permanent Registration Number: _____ Class: _____

Marks Obtained: _____ Faculty Signature: _____ Invigilator Signature: _____

Main Answer sheet	Number of Supplements	Total number of Answer sheets
01		

- Carefully read each question at the outset of the paper. All queries must be addressed to the faculty within the first 10 minutes of the examination.
- Students are expected to maintain complete silence in the examination hall and should not interact or communicate with their peers.
- Students will carry only their essential stationery like pens, pencils, ruler and simple calculators into the examination hall.
- Bags, eatables, drinks, etc. will not be allowed inside the hall with the exception of a bottle of water.
- Cell phones, electronic data banks, scientific calculators and smart/beeping watches are prohibited in the examination hall.
- Students will answer the examination with only blue/ black ball point pens unless informed differently by faculty. Avoid usage of green or red ink pens on the answer sheet.
- Dictionaries will not be allowed into examination hall unless informed differently by faculty.



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Q.1) Answer the following Questions. **(4 x 2 Marks= 8 Marks)**

- I) List down the dimensions of health.
- II) What are the steps to sensible weight management?
- III) Name any 4 vitamins.
- IV) List down some of the factors affecting health and wellness.

Q.2 A) I) Name & define 3 types of coping mechanisms. **3 Marks**

OR

Q.2 A) II) List down the guideline by 'MY PLATE' about daily intake of food. **3 Marks**

Q.2 B) I) Define body strength as a component of physical activity. **3 Marks**

Q.2 C) I) How does stress occur? **2 Marks**

Q.3 A) I) Explain the Trans-Theoretical Model. **3 Marks**

OR

Q.3 A) II) Summarize the Theory of Reasoned Action with an example. **3 Marks**

Q.3 B) I) There are 2 types of health insurance summarize them. **3 Marks**

Q.3 C) I) Explain the importance of physical activity for health. **2 Marks**

Q.4 A) I) Summarize lifestyle diseases with examples. **3 Marks**

OR

Q.4 A) II) Outline some of the life choices taken by a person which can cause lifestyle diseases. **3 Marks**

Q.4 B) I) Explain the physiological component of stress. **3 Marks**

Q.4 C) I) Identify some of the environmental stressors. **2 Marks**

Q.5 A) I) Choose a health care provider for a person with a weak immune system. **3 Marks**

OR

Q.5 A) II) Identify any 3 minerals & their primary sources. **3 Marks**

Q.5 B) I) Anil is a 40-year-old man with a height of 1.85 meters & a weight of 75 kg. Calculate his body mass index & classify his body weight. **3 Marks**

Q.5 C) I) Calculate the 60% Target heart rate of 20 years old Radhika. **2 Marks**