

**Chittagong Veterinary and Animal Sciences University, Chittagong**  
**Faculty of Fisheries**

● **B. Sc Fisheries (Hons.), Year -01, Semester-02 (July-December), Final Examination' 2016**  
**Course Code: ASS 102 (T), Course Title: Aquatic Soil Science**  
**Full Marks: 70, Time: 3 hours**

*Figure in the right margin indicates the full mark. Answer any 05 (five) questions for each section. Use separate answer script for each section.*

**Section-A**

- |    |    |  |         |
|----|----|--|---------|
| 1. | a. | Define soil and soil science.  | 3       |
|    | b. | How will you utilize the knowledge of aquatic soil science in fisheries?         | 4       |
| 2. | a. | Difference between soil productivity and fertility.                              | 3       |
|    | b. | What criteria you should consider for choosing a soil suitable for fish culture? | 4       |
| 3. | a. | Define bioturbation and bioturbators with example.                               | 3       |
|    | b. | Discuss the chemical effects of bioturbation.                                    | 4       |
| 4. | a. | What is cation exchange capacity?  | 1       |
|    | b. | Why cation exchange is usually higher than anion exchange in soil?               | 2       |
|    | c. | Show diagrammatically the cation and anion exchange by plant root hair.          | 4       |
| 5. | a. | Mention some advantages and disadvantages of aquaculture in sandy soils.         | 3       |
|    | b. | Briefly describe the management of clay soils for fish farming.                  | 4       |
| 6. | a. | What is Acid Sulphate Soil (ASS)?  | 1       |
|    | b. | Mention some demerits of ASS.  | 2       |
|    | c. | Write down the chemistry of ASS.   | 4       |
| 7. |    | Write short note on <u>any 02 (two)</u> of the following:                        | 3.5x2=7 |
|    | a. | Soil textural classes;   |         |
|    | b. | Soil-water interaction;  |         |
|    | c. | Soil colloids.   |         |

**Section-B**

- |     |    |  |         |
|-----|----|--|---------|
| 8.  | a. | What is density of soil? Differentiate bulk density and particle density.  | 3       |
|     | b. | Show the soil separates and their diameter ranges in a tabular form.   | 4       |
| 9.  | a. | Classify salt affected soils.  | 2       |
|     | b. | Why using of gypsum is beneficial for saline soil reclamation?   | 2       |
|     | c. | A soil test revealed that a 60 g salty soils has a Na <sup>+</sup> , Ca <sup>2+</sup> , K <sup>+</sup> , H <sup>+</sup> and Mg <sup>2+</sup> concentration of 44, 9, 12, 16 and 8 millimoles, respectively. The tested soil sample has an EC value of 6.9 decisiemens/m <sup>2</sup> . Classify soil sample. | 3       |
| 10. | a. | What is your understanding regarding soil biology?   | 2       |
|     | b. | Discuss the importance of soil microorganisms.   | 5       |
| 11. | a. | What is probiotics? Mention their significance for fish health.  | 3       |
|     | b. | How probiotics can be efficiently used in the bottom mud of a waterbody?   | 4       |
| 12. | a. | Write down the drawbacks of clay soils.  | 3       |
|     | b. | Discuss the appropriate management of clay soils for aquaculture.  | 4       |
| 13. | a. | Classify soil microorganisms based on temperature and tolerance.   | 3       |
|     | b. | Write down the process of encouraging beneficial soil microorganisms.  | 4       |
| 14. |    | Write short note on <u>any 02 (two)</u> of the following:  | 3.5x2=7 |
|     | a. | Nitrogen cycle in soil;  |         |
|     | b. | Eluviation and Illuviation;  |         |
|     | c. | Combined management of sandy soils.  |         |

# Chittagong Veterinary and Animal Sciences University, Chittagong

## Faculty of Fisheries

B.Sc. Fisheries (Hons.), Year-01, Semester-2 (July – December), Final Examination' 2016

Course Code: HPF-102 (T); Course Title: Handling and Preservation of Fish

Full Marks: 70; Time: 3 hours

Figure in the right margin indicates the full mark. Answer any 05 (five) questions from each section. Use separate answer script for each section.

### Section –A

1. a) Define fish preservation. Write down the general principles of fish preservation. 3  
b) Write down two different methods of preserving each of the following foods: (i) fish, (ii) fruits. 2  
c) Justify the use of approved chemicals for preservation of fish in Bangladesh. 2
2. a) Define shelf life. 1  
b) Why fish is regarded as many more perishable than any other flesh foods? 2  
c) Show using a simple mathematical example that "During fish freezing, more than 50% of the heat is removed from fish in the thermal arrest period". 2  
d) Define glazing. How glazing enhances the shelf-life of fish? 2
3. a) Diagrammatically show the vertical sections through a typical demersal and pelagic fish indicating relative amount of dark and white muscle. 3  
b) What are the different fractions of fish lipid? Mention their functions. 2  
c) Do you think marine fishes are more beneficial for human health over their freshwater counterparts? Why? 2
4. a) What do you mean by fish spoilage? 1  
b) Briefly describe the causes of spoilage of fish. 3  
c) Suppose your community does not have a refrigerator to keep fish safely. What traditional fish preservation method (s) would you recommend for the community to keep it safe for many days? How? 3
5. a) What do you know about chilling and super chilling? 2  
b) Write down the principles and methods of fish chilling. 2  
c) What is dry ice? Write down its advantages and applications. 3
6. a) "For every hour fish is kept at ambient temperature the equivalent of 1 day's shelf is lost"- justify with examples. 3  
b) What are the changes take place in fish during chilling? 2  
c) Differentiate between CSW and RSW. Name some substances used to prepare bactericidal ice. 2
7. a) How ice retards the spoilage of fish? 2  
b) What are the advantages and disadvantages of slow and quick freezing? 3  
c) Why fish is frozen at  $-40^{\circ}\text{C}$ , but stored at  $-18^{\circ}\text{C}$ ? 2

### Section B

8. a) Why freezing point for fish is far lower than freezing point of pure water? 2  
b) Define glazing. What is its purpose in shrimp processing industries in Bangladesh? 2  
c) Briefly describe good handling practices on the deck of a fishing vessel. 3
9. a) What is fish packaging? Write down its functions. 2  
b) What is MAP? Write down the functions of its components. 2  
c) What is *Sous Vide* technology? Write down its advantages and disadvantages. 3
10. a) What is rigor mortis? Write down its different phases. 1  
b) Briefly describe the chemical changes in fish during rigor mortis. 4  
c) How does rigor affect the quality of frozen fillets? 2
11. a) What are the causes of fish mortality during live fish transportation? 2  
b) What is conditioning of fish? Why conditioning is important during live fish transportation? 3  
c) Write down the properties of an ideal fish box. 2
12. a) What are the issues to consider while planning and designing of fish working premises? 4  
b) Draw the layout of a typical shrimp processing plant. 3
13. a) Define water activity. Write down its significance in fish preservation. 3  
b) Will fish spoil if it stays frozen longer than the recommended storage time? Justify your answer. 4
14. a) Prepare a list of suitable types of disinfectants used in fish processing plant. 4  
b) What do you mean by potable water? 1  
c) Discuss the importance of washing and sorting of fish. 2

Chittagong Veterinary and Animal Sciences University, Chittagong

Faculty of Fisheries

B. Sc Fisheries (Hons.), Year -01, Semester-02 (July-December), Final Examination' 2016

Course Code: WQM 102 (T), Course Title: Water Quality Management

Full Marks: 70, Time: 3 hours

Figure in the right margin indicates the full mark. Answer any 05 (five) questions for each section. Use separate answer script for each section.

**Section-A**

1. a. What do you know about water quality management? 1.5  
b. Classify water quality parameters giving at least three examples from each class. 2.5  
c. What are the important goals of water quality management for aquaculture pond? 3.0
2. a. Define dissolved oxygen (DO). 2.0  
b. What are the possible sources of DO in culture pond? 2.0  
c. Why anoxic condition is harmful for aquatic organisms? 3.0
3. a. Note down the standard value of different water quality parameters of a shrimp hatchery. 2.0  
b. Mention the protocol that you will be maintaining in the hatchery to keep your fry disease free. 3.0  
c. How excessive iron can deteriorate the water quality in pond? 2.0
4. a. What is water temperature? How will you measure it? 2.0  
b. How water temperature can influence the growth and survival of culture species? 3.0  
c. Explain the relationship between water temperature and dissolved oxygen. 2.0
5. a. Write down the effects of low pH on aquatic life. 2.0  
b. How will you solve low pH problem in your pond? 3.0  
c. Why does pH of water reduce? 2.0
6. a. What do you mean by water pollution? 1.0  
b. Briefly describe the causes of water pollution. 4.0  
c. What are the water pollution effects on ecosystem? 2.0
7. Write short note on any 02 (two) of the following: 3.5x2=7.0  
a) Biological Oxygen Demand (BOD); b) NH<sub>3</sub> problem in fish pond; c) Control measures of excessive phytoplankton production in culture pond.

**Section-B**

8. a. How do you understand your pond water based on its colour? 2.0  
b. Write down the diurnal variation of different water quality parameters in waterbody. 3.0  
c. How do bacteria help to maintain water quality in fish pond? 2.0
9. a. What are the basic differences between alkalinity and hardness? 2.0  
b. Why are the oxygen depletion events most troublesome in the summer? 3.0  
c. What is the role of aquatic plant to maintain water quality in fish pond? 2.0
10. a. How does overfeeding affect water quality? 2.0  
b. What are the linkage of water depth, light and temperature to maintain water quality in pond? 3.0  
c. Why is maintain of ideal alkalinity important in aquaculture? 2.0
11. a. What is eutrophication? 1.0  
b. What will you consider before fertilization in pond? 3.0  
c. How problems with overfeeding can be avoided? 3.0
12. a. What will you consider for a successful integrated agril-aquaculture system? 3.0  
b. Mention the water quality advantages and problems associated with cage culture in river. 2.0  
c. Write down the different types of iron in well water. 2.0
13. a. Write down different types of liming materials with their common and chemical name. 2.0  
b. Among liming materials which one is the best for aquaculture and why? 2.0  
c. Is lime a fertilizer? Justify your answer. 3.0
14. Write short note on any 02 (two) of the following: 3.5x2=7.0  
a) Persistent Organic Pollutants (POPs); b) Biomagnification; c) Importance of hardness in aquaculture.

# Chittagong Veterinary and Animal Sciences University, Chittagong

## Faculty of Fisheries

B. Sc Fisheries (Hons.), Year -01, Semester-02 (July-December), Final Examination' 2016

Course Code: ICH 102 (T), Course Title: Ichthyology

Full Marks: 70, Time: 3 hours

Figure in the right margin indicates the full mark. Answer any 05 (five) questions from each section. Use separate answer script for each section.

### Section-A

1. a. Define 'Ichthyology'. 1.0  
b. What is Dipnoi? Why fish belonging to this order are unique? 3.0  
c. What do you understand by chondrichthyes and osteichthyes? 1.0  
d. Classify chondrichthyes upto order level. 2.0
2. a. What do you understand by streamlined body? 1.0  
b. Write down identifying characters of torpediniformes, osteoglossiformes and clupeiformes. 4.5  
c. What are the primitive and advanced characters of 'Holocephalans'? 1.5
3. a. Define integument. 1.0  
b. Name the integumentary derivatives found in fishes. 1.5  
c. Briefly explain the structure of fish skin with figure. 3.0  
d. Write down the commercial use of fish scales. 1.5
4. a. What is meant by afferent branchial system and efferent branchial system? 2.0  
b. Draw and label different parts of typical holobranch of a bony fish. 3.0  
c. Mention the function of each part of above holobranch. 2.0
5. a. Write the Thayer's principle of colouration in fish. 1.0  
b. What are the special cells that give colour to fishes? 2.0  
c. Explain briefly 'Disguise' and 'Advertisement' as significance of colouration. 4.0
6. a. Define excretion and mention the excretory organs in different aquatic organisms. 2.0  
b. Briefly describe the types of teleostean kidney on the basis of configuration. 5.0
7. Write notes on *any 02 (Two)* of the following: 3.5×2=7.0  
a) Spiral valve    b) Spiracle    c) Pronephric kidney and mesonephric kidney

### Section-B

8. a. What do you mean by feeding habit? 1.0  
b. Classify fish on the basis of feeding habit. 2.0  
c. Briefly describe the feeding adaptation found in mouth, teeth and gill rakers of fish. 4.0
9. a. Define respiration. 1.0  
b. Mention the accessory respiratory organs of fish with examples. 2.0  
c. What are the basic differences in respiratory mechanism of lamprey and sharks? 4.0
10. a. Define and classify fish muscle. 2.0  
b. Briefly describe the skeletal muscle of median fins. 5.0
11. a. What do you understand by digestive system and alimentary canal? 1.5  
b. Diagrammatically show the different types of alimentary canal found in fishes. 4.0  
c. Mention the techniques adopted by fishes to increase the digestive surface of the alimentary canal. 1.5
12. a. What do you understand by air bladder? 1.0  
b. Briefly explain the function of gas bladder as sound producing organ. 2.0  
c. How the gases from gas bladder are reabsorbed in fish? 3.0  
d. Enumerate the commercial use of air bladder. 1.0
13. a. What do you know about autonomic nervous system? 2.0  
b. Enlist the glands of endocrine system in fishes with their secretions and functions. 5.0
14. Write short notes on *any Two (02)* of the following: 3.5×2=7.0  
a) Bioluminescence    b) Bowman's capsule    c) Receptors

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**B.Sc. Fisheries (Hons.), Year-01, Semester-02 (July – December), Final Examination, 2016**

**Course Code: EME-102 (T); Course Title: Estuarine and Marine Ecology**

**Full Marks: 70; Time: 3 hours**

*Figure in the right margin indicates the full mark. Answer any 05 (five) questions from each section. Use separate answer script for each section.*

**Section –A**

1. a) What do you know about estuarine ecology? 2  
b) Discuss briefly the ecological significance of estuaries. 3  
c) Estuaries are considered as endangered ecosystem. Explain the statement. 2
2. a) Define plankton, nekton and benthos. 3  
b) Draw a schematic diagram of the benthic environment of the ocean. 3  
c) What do you mean by "sessile organism"? 1
3. a) Define the following- beaches, salt marshes, mud flats and mangrove swamps. 4  
b) Describe the ecological aspects of Sundarban mangrove forest. 3
4. a) What do you know about coral bleaching? 2  
b) Why are rocky shore important in marine ecosystem? 2  
c) What are the natural and human induced causes of coral reef destruction? 3
5. a) Draw a schematic diagram showing nutrient recycling in an estuarine environment. 3  
b) What are the factors influence the productivity of the coast? 4
6. a) What are the latitude regions of the earth surface comprise geographical zone? 3  
b) Write down the diversity observes in the geographical distribution of different species of tuna. 4
7. Compare any 02 (two) among the following terms: 3.5X2=7
  - a. Ocean crust and continental crust
  - b. Seamounts and Guyots
  - c. El-Nino and La-Nina

**Section B**

8. a) Define topography and bathymetry. 2  
b) How keystone species play an important role in estuarine ecosystem? 2  
c) Briefly describe different types of estuaries based on vertical structure of salinity. 3
9. a) What do you know about the splash zone? 2  
b) What are the physical process responsible for the formation of estuaries? 3  
c) Compare between osmoregulators and osmoconformers. 2
10. a) Define sandy shore, rocky shore and muddy shore. 2  
b) Briefly describe the adaptation of organisms living in the intertidal zone. 3  
c) What do you know about compensation depth and critical depth? 2
11. a) What do you know about the tropic structure of marine ecosystem? 2  
b) 'Continental shelf area is rich in biodiversity'- Justify the statement. 2  
What is turbidity current? What are the impacts of turbidity current on ocean bottom topography? 3  
c) topography?
12. a) What are the different groups of coral that can contribute in coral-reef formation? 2  
b) Discuss different types of coral reef. 5
13. a) Number of estuarine species are less than in adjacent marine and freshwater. Explain the statement. 2  
b) Define diatom and dinoflagellate. 2  
c) Estuarine species have special types of physiological adaptations. Briefly describe these special adaptations. 3
14. Write short notes on any 02 (two) of the following: 3.5X2=7
  - a. Large marine ecosystem
  - b. Exclusive Economic Zone
  - c. Ocean bottom topography

# Chittagong Veterinary and Animal Sciences University, Chittagong

## Faculty of Fisheries

B. Sc Fisheries (Hons.), Year -01, Semester-02 (July-December), Final Examination, 2016

Course Code: CAM 102 (T), Course Title: Coastal Aquaculture and Mariculture

Full Marks: 70, Time: 3 hours

Figure in the right margin indicates the full mark. Answer any 05 (five) questions from each section. Use separate answer script for each section.

### Section-A

1. a. What is Aquaculture? 2  
b. Write down the recent history of aquaculture in Bangladesh. 5
2. a. Briefly describe the importance of coastal aquaculture in Bangladesh. 3  
b. Write down important bio-physical factors that have to consider for site selection in aquaculture? 4
3. a. Write down the importance of Shrimp culture of Bangladesh. 2  
b. Enumerate the developmental stages of *Penaeus monodon*. 5
4. a. What do you know about the habitat of milkfish? 2  
b. Describe the current status of crab culture in Bangladesh. 5
5. a. Name some species used in cage culture of Bangladesh. 2  
b. Describe benefits and risks of cage culture. 5
6. a. Enlist some economically important species of scallops. 2  
b. Briefly discuss the method of scallop culture. 5
7. Write short note on any 02 (two) of the following: 3.5X2=7
  - a. Gher culture
  - b. Sea ranching
  - c. Pollution in coastal aquaculture

### Section-B

8. a. Why sea bass become an attractive commodity in coastal aquaculture? 3  
b. Illustrate the life cycle of sea bass. 4
9. a. What are the advantages of *Penaeus monodon*? 2  
b. Give a comparative statement of extensive, semi-intensive and intensive culture system of shrimp. 5
10. a. Describe the breeding biology of mullet. 4  
b. Give your opinion on scope and prospects of mullet culture in Bangladesh. 3
11. a. What is mangrove? 1  
b. What are the possible reasons for mangrove degradation? 3  
c. Give some recommendations for mangrove conservation and restoration. 3
12. a. Write down the prospects and problems of coastal aquaculture. 4  
b. Give your suggestions to improve the aquaculture practices in coastal region? 3
13. a. What do you mean by spat and veliger larva? 2  
b. Briefly describe the culture techniques of oyster. 5
14. Write short note on any 02 (two) of the following: 3.5X2=7
  - a. Clam culture
  - b. Bio-encapsulation
  - c. PL production in hatchery

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**B. Sc Fisheries (Hons.), Year -01, Semester-02 (July-December), Final Examination' 2016**

**Course Code: LAN-102 (T), Course Title: Communicative English**

**Full Marks: 35, Time: 2 hours**

*Figure in the right margin indicates the full mark.*

*Answer all the questions.*

**Section-A**

1. Use right form of verbs in the following sentences: 5.0
  - a. You had better (have) a haircut.
  - b. If I knew you would be coming, I (wait) for you.
  - c. Two years (be) a long time in a student's life.
  - d. The family is looking forward to (welcome) their guests.
  - e. It is I who (be) to blame.
2. Fill in the blanks with appropriate prepositions: 5.0
  - a. The teacher was upset ..... the students' behavior.
  - b. Our lab is equipped ..... the latest state-of-the-art computers.
  - c. I apologize ..... our mistakes.
  - d. You would be wise to take advantage ..... this free tutoring.
  - e. Never become involved ..... ~~a~~ questionable deal. *h*
3. Suppose are concerned about the impact of the indiscriminate mixing of different growth hormones and toxic industrial wastes with fish feed. Now, write a letter to the editor of an English daily stating your concern. 7.0

**Section-B**

4. Convert the following indirect speech into direct speech: 5.0
  - a. The teacher advised the boys not to talk in the class.
  - b. The old man requested them to give him something to eat and said that he was hungry.
  - c. Mohan asked Stalin why he had not attended the meeting the day before.
  - d. I asked my friend if he would not help me to carry that box.
  - e. He exclaimed with sorrow that he had broken his brother's watch.
  - ~~c. Discuss the interdependence of stock and recruitment. *h*~~
5. Write a paragraph of about 150 words on "Internet as a source of learning". 5.0
6. Read the passage carefully and answer the following questions: 8.0

Some people say that the best defense is a good offense; an octopus, however, would disagree. In addition to being one of the strangest and most beautiful creatures in nature, the octopus has some of the most inventive and effective defense mechanisms imaginable. While other animals have teeth, horns, or claws to help defend them from predators, the octopus concentrates its energy on hiding from and confusing its attackers. When it wants to get away, the octopus has an impressive arsenal of tricks at its disposal.

The most well-known of the octopus's defense mechanisms is its ability to squirt clouds of ink into the water. Some octopi use this cloud of ink as camouflage; after squirting the ink, the octopus retreats into the ink cloud where the predator cannot see it. Other octopi use the ink cloud as a decoy. If a large, intelligent predator such as a shark knows that octopi use ink clouds for camouflage, it might simply attack the ink cloud blindly, hoping to make contact with the octopus inside. However, some sneaky octopi will release the ink cloud in one direction and scurry away in another direction, leaving the predator with nothing but a mouthful of ink. In addition to confusing predators' sense of sight, these ink clouds also confuse their sense of smell. The ink is composed primarily of melanin (the same chemical that gives human skin its color), which can shut down a predator's sense of smell. If an octopus cannot be seen or smelled, it has a much higher chance of escaping an attack.

Another defense mechanism possessed by many octopi is the ability to change color, much like a chameleon. Most animals get their skin color from chemicals in the skin called chromatophores (melanin is one of these chromatophores). Chromatophores might contain yellow, orange, red, brown, or black pigments, and the amount of each pigment present in the skin determines an animal's color. While most animals are always the same color, some species of octopi can control the amount of each color pigment in their skin cells, allowing them to

change color. Some poisonous octopi, when provoked, will change their skin to a bright, eye-catching color to warn predators that they are dangerous and ready to strike. Other octopi use this ability to change their skin to the color and texture of seaweed or coral, allowing them to blend in with their environment. Finally, some octopi—such as the mimic octopus—use this color-changing ability to masquerade as another type of animal. The body of an octopus is highly flexible, and some species can combine this flexibility with their color-changing skills to make themselves resemble more dangerous animals such as sea snakes or eels.

Yet another defense mechanism possessed by some octopi is the ability to perform an autotomy, or self-amputation, of one of their limbs and regrow it later. Many species of skink and lizard also possess this ability, which allows them to shed their tails when caught by a predator and therefore get away. When a predator catches a tentacle the octopus can amputate this tentacle, thereby unfettering itself, and regrow the tentacle later. Some octopi, however, are even cleverer. When threatened by a predator, these octopi will shed a tentacle before being attacked in the hope that the predator will go after the detached tentacle rather than the octopus itself.

While the octopus may not be the most vicious creature in the ocean, its numerous and clever defense mechanisms help it to survive in the dangerous undersea world.

- A. Which of the following sentence best expresses the main idea of the passage?
- The most well-known of the octopus's defense mechanisms is its ability to squirt clouds of ink into the water.
  - Some people say that the best defense is a good offense; an octopus, however, would disagree.
  - Another defense mechanism possessed by many octopi is the ability to change colour, much like a chameleon.
  - When it wants to get away, the octopus has an impressive arsenal of tricks at its disposal.
- B. The author claims in paragraph 1 that an octopus would disagree with the statement "the best defense is a good offense" because :
- octopi employ more defensive than offensive capabilities.
  - octopi possess good defensive and offensive capabilities.
  - octopi can protect themselves from teeth, horns and claws
  - not all octopi possess the same defense mechanisms.
- C. According to the passage, which of the following statements about the chemical melanin are true?
- An octopus's ink is composed primarily of melanin.
  - Melanin is a chromatophore.
  - Like the octopus, chamelons use melanin to change colour.
- I only
  - I and II only
  - II and III only
  - I, II and III
- D. As used in paragraph 4, which is the best synonym for unfettering?
- freeing
  - regrowing
  - amputating
  - sacrificing
- E. Answer in one sentence using your own words. How is octopus's defending technique different from that of other creatures?
- F. According to the passage, what is the similarity between a lizard and an octopus?
- G. True or false? If false, provide correct information, one of the defensive methods of an octopus is to change its skin and size.
- H. Fill in the blank:  
An octopus may ..... with its surroundings in order to protect itself.



**Statements:**

- A) The rise and fall of sea levels affect how sea creatures behave.
- B) Most animals are active during the daytime.
- C) A 'night person' can still have a healthy circadian rhythm.
- D) New therapies can permanently change circadian rhythms without harm.

~~42~~ **Chose the correct letter, a, b, c or d.**

- E. In order to lose weight, we should
  - a) Avoid eating breakfast
  - b) Eat a low carbohydrate breakfast
  - c) Exercise before breakfast
  - d) Exercise after breakfast
- F. Which is NOT mentioned as a way to improve supplement absorption?
  - a) Avoiding drinks containing caffeine while taking supplements
  - b) Taking supplements at breakfast
  - c) Taking supplements with foods that can dissolve them
  - d) Storing supplements in a cool, dry environment
- G. In the evening we should:
  - a) Stay away from carbohydrates
  - b) Stop exercising
  - c) Eat as much as possible
  - d) Eat a light meal
- H. Which of the following best describes the main aim of the passage?
  - a) To suggest healthier ways of eating, sleeping and exercising
  - b) To describe how modern life has made chronobiology largely irrelevant
  - c) To introduce chronobiology and describe some practical applications
  - d) To plan a daily schedule that can alter our natural chronobiological rhythms