



Reg. No:

**First Year B.Sc Nursing Degree Supplementary Examinations
October 2018****Nutrition and Biochemistry
(2010 Scheme)****Time: 3 Hours****Max Marks: 75**

- Answer all questions
- Write section A (32 Pages) and section B (32 Pages) in separate answer books. Do not mix up questions from section A and section B.

Q P Code: 104010**Section A – Nutrition****Marks: 50****Essay****(10)**

1. Define balanced diet. Mention the principles involved in preparing a low cost nutritious diet. Prepare a day's menu for an adolescent girl. (2+4+4)

Short notes**(5x5=25)**

2. Classification of food.
3. Sources and functions of proteins.
4. Sources, functions and deficiency of vitamin A.
5. Methods of cooking
6. Household methods of food preservation.

Answer Briefly**(5x3=15)**

7. Food budgeting
8. Midday meal programme.
9. Prevention of iron deficiency anemia.
10. Scurvy
11. Dietary source and functions of calcium.

Q P Code: 105010**Section B – Biochemistry****Marks: 25****Essay****(10)**

1. What are the essential amino acids. Explain the digestion and absorption of proteins.

Short notes**(2x5=10)**

2. Lipoproteins
3. Sources and deficiency manifestations of Vitamin D

Define the following**(5x1=5)**

4. Significance of TCA cycle
5. Galactosemia
6. Normal serum values of sodium and potassium
7. Phenyl ketonuria
8. Respiratory acidosis