

**First Year B.Sc Nursing Degree Examinations, October****2013 NUTRITION AND BIOCHEMISTRY****Time: 3 Hours****Maximum Marks: 75**

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

**Q P Code:****Section A – NUTRITION****Marks:5****104010 Essay****0 (10)**

1. "Explain the sources, daily requirement, absorption and storage, functions and deficiency of vitamin A. (1+1+2+3+3=10)

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

2. Factors affecting food and nutrition.
3. Protein energy malnutrition
4. Causes and prevention of obesity
5. Prepare a day's menu for a pregnant woman.
6. Daily requirement and functions of fibre

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

7. Body mass index
8. Diet for a diabetic individual
9. Functions of water
10. Food standards
11. Role of nurse in IDD program.

**Q P Code:****Section B – BIOCHEMISTRY****Marks:2****105010 Essay****5 (10)**

1. Mention the normal fasting blood sugar level. How is the blood sugar regulated.

**Short notes****(5x2=10)**

2. Digestion and absorption of lipids
3. Sources and deficiency manifestations of vitamin B6

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

4. Normal serum values of HDL and LDL
5. Alkaptonuria
6. Mini GTT
7. One enzyme indicating hepatocellular damage
8. Metabolic acidosis

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