



[LE 823]

FEBRUARY 2014

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION**

First Year - Non Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

**Time : Two hours
(120 Min)**

Maximum : 35 marks

I. Elaborate on:

(1x15=15)

1. a) Define balanced diet
- b) Write about the principles of planning menu
- c) Plan a model menu for a pregnant woman

II. Write Notes on:

(2x5=10)

1. Write about any two methods of preservation
2. Explain the dietary modification for an obese patient suffering from diabetes mellitus.

III. Write Short Answers on:

(5x2=10)

1. Write any two benefits given to beneficiaries under ICDS programme.
2. Liquid supplement foods
3. Pellagra
4. What are the guides available in planning balanced diet?
5. Kempner's rice-fruit sugar diet

