



**Rajiv Gandhi University of Health Sciences, Karnataka**  
**I Year B.Sc. Nursing Degree Examination – APRIL-2019**

**Time: 3 Hours**

**Max. Marks: 60 Marks**

**NUTRITION**

**(Revised Scheme-2)**

**Q.P. Code: 1748**

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

**(Note: Both QP Codes 1748 and 1749 are to be answered within total duration of 3 hours)**

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### LONG ESSAYS (Any Two)

2 x 10 = 20 Marks

1. What is diet plan? Discuss steps that you consider while planning diet for 60 years person.
2. Define food adulteration and different method of food storage.
3. What are the functions of protein and mention the deficiency diseases of protein.

### SHORT ESSAYS (Any Five)

5 x 5 = 25 Marks

4. What are the main principles of Weaning?
5. Enlist the factors to be considered while planning meals.

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6. Describe a) Source b) Absorption c) Storage d) Requirement and e) Deficiency of phosphorus.
7. Write a note on household methods of food preservation.
8. Explain ICDS programme.
9. Discuss the role of minerals in the body.
10. What are the various ways to assess the nutritional status?

### SHORT ANSWERS

**5 x 3 = 15 Marks**

11. Write the effects of excessive intake of fat.

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12. What is Bland diet?
13. Role of macronutrients in our body.
14. What is the cause and cure of Rickets?
15. What are the different food borne diseases?

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