

# Rajiv Gandhi University of Health Sciences, Karnataka

## I Year B.Sc. Nursing Degree Examination – APRIL-2019

Time: 3 Hours

Max. Marks: 45 Marks

### **NUTRITION**

**(RS-3 & RS-4)****Q.P. Code: 1755**

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary  
**(Note: Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)**

**LONG ESSAYS (Answer any One)****1 x 10 = 10 Marks**

1. How are proteins classified? What are the sources of proteins? What is the caloric value of protein? Explain the deficiency diseases.
2. What is balanced diet? How do you plan a balanced diet for a pregnant woman?

**SHORT ESSAYS (Answer any Five)****5 x 5 = 25 Marks**

3. Define lipids and explain the classification of lipids.
4. Describe the role of minerals in the body.
5. Describe personal hygiene of food handlers. Explain the signs of good meat and hygiene of slaughter houses.
6. What are the factors affecting food and nutrition?
7. Write various methods of food storage and food preservation.
8. Define weaning and explain the principles of weaning.

**SHORT ANSWERS****5 x 2 = 10 Marks**

9. List the nutritional problems in India.
10. What are the functions of calcium?
11. What are electrolytes?
12. What are the sources of Vitamin D.
13. What is Obesity?

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