

[KV 823]

Sub. Code: 4883

**B.Sc (Nursing) DEGREE EXAMINATION****(For Trained Nurses)****First Year****Non-Semester****Paper II – NUTRITION AND DIETETICS*****Q.P. Code : 684883*****Time : Two hours****Maximum : 35 marks****Answer All questions.****I. Essay:****(1 x 15 = 15)**

1. List down and explain the factors causing diabetes mellitus.  
Discuss the dietary modifications adopted in treating an obese diabetic patient. Plan a model menu.

**II. Write Short Notes on :****(2 x 5 = 10)**

1. Nutritional requirements of a pregnant woman.
2. Food preservation.

**III. Short Answers Questions:****(5 x 2 = 10)**

1. List the characteristics of balanced diet.
2. Name the four important sources of proteins.
3. List four bacterial contaminations of foods.
4. Write four signs and symptoms of pellagra.
5. Name four foods rich in Iron.

\*\*\*\*\*