

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – APRIL 2015

Time: 3 Hours

Max. Marks: 60 Marks

Nutrition

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)

LONG ESSAYS (Any Two)

2 x 10 = 20 Marks

1. Classify vitamins. Explain the RDA, dietary sources, functions and deficiency of Vitamin C.
2. List the elements of balanced diet. Plan a menu for adult female with sedentary lifestyle.
3. Define nutrition. Explain the role of food in health and its medicinal values with examples.

SHORT ESSAYS (Any Five)

5 x 5 = 25 Marks

4. Deficiencies and Over-consumption of carbohydrate
5. Nutritional problems in India
6. Prevention of food adulteration
7. Dietary sources, functions and deficiency diseases of iodine
8. Describe the causes, signs and symptoms, and management of dehydration.
9. Nutrition education and role of nurse
10. Describe methods of preserving food.

SHORT ANSWERS

5 x 3 = 15 Marks

11. BMI calculation
12. What is therapeutic diet?
13. List the four agencies working towards food and nutrition.
14. Sources of plant protein
15. Composition of body fluid
