

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – May 2016

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. Discuss the various nutritional problems in India
2. Define a balanced diet. Name the essential nutrients and its basic functions in the body
3. Explain the basic five food group system

SHORT ESSAYS (Any Five)

5 x 5 = 25 Marks

4. What are the various methods of nutrition education?
5. National institute of nutrition
6. Requirements and imbalance of water in the body
7. High calorie diets
8. Nutritional needs of elderly
9. Relationship between nutrition and health
10. Mid-day meal programme

SHORT ANSWERS

5 x 3 = 15 Marks

11. Define nutrition and malnutrition
12. Name the essential fatty acids and its deficiency in the body
13. Pellagra
14. Food additives and its uses
15. Effects of heat on carbohydrates
