

Rajiv Gandhi University of Health Sciences

First Year B.Sc. Nursing (Basic) Degree Examination – October 2007

[Time: 3 Hrs.]

[Max. Marks : 80]

NUTRITION (Old Scheme)

QP Code: 1656

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

LONG ESSAY (Answer any TWO)

2 X 10 = 20 Marks

1. Differentiate between micro and macro nutrients. Explain the functions of three major nutrients
2. Explain the nutritional needs during adolescence and the recommended dietary allowances during this phase
3. Define protein energy malnutrition. Explain the preventive measures of PEM for under five children

SHORT ESSAY (Answer any EIGHT)

8 X 5 = 40 Marks

4. Role of school lunch in improving health of children
5. Functions of calcium in diet
6. List out dietary sources of vitamin 'A'
7. Signs and symptoms of Pellagra
8. Importance of Iron in diet and sources of iron diet
9. Cooking principles for preservation of vitamins
10. Plan a balanced menu for a old man with sedentary work
11. Preparation and nutritive value of Egg flip
12. Nutritional problems in pre school children
13. Cultural influences and food habits

SHORT ANSWERS

10 X 2 = 20 Marks

14. Importance of fibre in diet
15. Causes of Tetany
16. What are essential fatty acids that reduce Blood cholesterol level?
17. Food Cults
18. Effects of B₁ deficiency
19. Functions of Folic Acid
20. What is Basal metabolism?
21. Antioxidants
22. Nutritive value of fish
23. RDA of vitamin 'C'

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