

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – OCTOBER 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. a) Define balanced diet.
b) List the steps in planning a balanced diet.
c) Plan a day's menu for pregnant mother.
2. List the objectives of nutritional assessment. Explain the methods of nutritional assessment.
3. Classify proteins. Explain the functions, sources and deficiency disorder of protein.

SHORT ESSAYS (Any Five)

5 x 5 = 25 Marks

4. Explain the role of a nurse in nutritional education.
5. Function, sources, deficiency disorder of Vitamin D
6. Food additives and its principles
7. Vitamin A deficiency programme
8. Maintenance of fluid and electrolyte balance
9. National Nutrition Policy
10. Classify fats with examples and enumerate the functions of fat.

SHORT ANSWERS

5 x 3 = 15 Marks

11. Liquid diet
12. Potassium deficiency
13. Essential fatty acids
14. Micronutrients
15. Functions of vitamin E
