

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – September 2014

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. Describe the national nutritional programs and role of a nurse.
2. a) Define balanced diet. (2+3+5)
b) List the steps in planning balanced diet.
c) Plan a day's menu for a school going child of 6-12 years of age.
3. Describe the functions, dietary sources, daily requirements and deficiency of Fat Soluble Vitamins.

SHORT ESSAYS (Any Five)

5 x 5 = 25 Marks

4. Explain the classification and functions of Proteins.
5. Briefly describe the factors affecting Basal Metabolic Rate.
6. List the Recommended Dietary Allowances, functions and dietary sources and deficiency of Calcium.
7. Describe the effects of dehydration and its management.
8. Explain the Mid day meal programme.
9. Explain on Food Standards.
10. List the functions, sources and classification of Lipids.

SHORT ANSWERS

5 x 3 = 15 Marks

11. Expand NIPCCD.
12. Niacin
13. Body Mass Index
14. Micronutrients
15. Lipoproteins
