

Rajiv Gandhi University of Health Sciences, Karnataka

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

Time: 3 Hours

Max. Marks: 45 Marks

Nutrition

Q.P. Code : 1755

Your answers should be specific to the questions asked. Draw neat labeled diagrams wherever necessary
(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS (Answer any One)

1 x 10 = 10 Marks

1. Explain the methods of cooking. Write briefly on the effect of heat on food constituents.
2. Classify the Vitamins. Explain about the functions, sources and deficiencies of fat soluble vitamins.

SHORT ESSAYS (Answer any Five)

5 x 5 = 25 Marks

3. Explain the methods of assessment of nutritional status.
4. Define food preservation and Write its principles.
5. Write the absorption and metabolism of iron.
6. Define balanced diet. Write the role of nutrition in maintaining health.
7. Functions of proteins
8. Determination of basal metabolic rate

SHORT ANSWERS

5 x 2 = 10 Marks

9. Expand: CARE, FAO
10. Steaming
11. List out the macro and micro minerals
12. Define Nutrition and Health.
13. Give good sources of Vitamin C.
