

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – SEP-2018

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. a) What is food hygiene? (2+5+3)
b) Explain the process involved in maintaining milk and meat hygiene.
c) List the essential hygienic requirements of food handlers.
2. Describe the functions, dietary sources, daily requirements and deficiency of Water Soluble Vitamins.

SHORT ESSAYS (Answer any Five)

5 x 5 = 25 Marks

3. Discuss the Iodine deficiency and its prevention and control.
4. List the food groups system and how are they beneficial in diet planning.
5. Briefly explain the functions, dietary sources, daily requirements and deficiency of proteins.
6. Discuss the role of nutrition in maintaining health.
7. Explain the methods of cooking.
8. Diet in pregnancy

SHORT ANSWERS

5 x 2 = 10 Marks

9. Sources of Dietary fibre
10. List the agencies of food and nutrition.
11. Water intoxication
12. Food additives
13. Cholesterol
