

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.Sc. (Nursing - Basic) Degree Examination – 26-Jun-2025

Time: Three Hours**Max. Marks: 80****GROWTH AND DEVELOPMENT INCLUDING NUTRITION – (RS)****Q.P. CODE: 1687**

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

LONG ESSAYS (Answer any Two)**2 x 10 = 20 Marks**

1. a) Define growth and development
b) Explain the growth and development of an infant
2. a) Define balance diet
b) Explain the steps to be considered while planning the balance diet
3. Explain the factors influencing on fetal development

SHORT ESSAYS (Answer any Eight)**8 x 5 = 40 Marks**

4. Explain the methods of cooking
5. Neonatal reflexes
6. Explain the physical changes during puberty
7. Prepare a diet plan for the infant
8. Sources, requirement and deficiency of protein
9. Mention the different types of light diet and explain anyone in detail
10. Explain the physical and physiological changes occurs during old age
11. Explain the factors influencing on food habits
12. Explain the different methods of food preservation
13. Guidance during emotional instability in adolescence

SHORT ANSWERS**10 x 2 = 20 Marks**

14. Mention the deficiency disorders of vitamin A
15. Weaning
16. Parallel play
17. BCG
18. Planned parenthood
19. Mention macro and micro nutrients
20. Mention the different types of breast milk
21. Mention the purposes of vernix caseosa
22. Food adulteration
23. Different methods of heat loss with example
