

Rajiv Gandhi University of Health Sciences, Karnataka

II Semester B. Sc Nursing Degree Examination - 17-Dec-2024

Time: Three Hours**Max. Marks: 50****APPLIED NUTRITION & DIETETICS – SECTION – A (RS-6)****Q.P. CODE: 1779****(QP Contains Two Pages)**

Your answers should be specific to the questions asked

Draw neat, labeled diagrams wherever necessary

(Note: Both QP Codes 1779 and 1780 are to be answered within total duration of 3 hours)**LONG ESSAY****1 x 10 = 10 Marks**

1. Explain food exchange system. Write the principles of menu planning

SHORT ESSAYS**4 x 5 = 20 Marks**

2. Describe marasmus
3. Classify food additives
4. Explain the role of a nurse in prevention and management of iodine deficiency
5. Write various methods of nutritional assessment

SHORT ANSWERS**6 x 2 = 12 Marks**

6. List any two objectives of weekly iron folic acid supplementation programme
7. **Define beverage or Define Basal Metabolic Rate**
8. Name any two fat soluble vitamins
9. Mention any two functions of proteins
10. Define Energy
11. Name any two sources of carbohydrates

Multiple Choice Questions**8 x 1 = 8 Marks**

12. The proportion of water that constitutes body weight is
 - A. Two- third
 - B. One-half
 - C. Three – third
 - D. Less than half
13. Good Sources of iron are
 - A. Meat and eggs
 - B. Cereals and grains
 - C. Seeds and nuts
 - D. Milk and Milk Products
14. The most heat liable Vitamin is
 - A. Vitamin D
 - B. Vitamin A
 - C. Vitamin C
 - D. Vitamin E

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15. Food rich in saturated fats is
 - A. Red meat
 - B. Avocados
 - C. Olives
 - D. Nuts
16. The macronutrient to be restricted in cardiac patients is
 - A. Carbohydrates
 - B. Proteins
 - C. Vitamins
 - D. Fats
17. Diabetes is caused due to increase consumption of
 - A. Carbohydrates
 - B. Proteins
 - C. Fats
 - D. Vitamins
18. The process of mixing any inferior or unsafe ingredient with food is
 - A. Adulteration
 - B. Fortification
 - C. Emulsification
 - D. Iodization
19. Safety food practices includes all **EXCEPT**
 - A. Regular hand washing
 - B. Good personal hygiene
 - C. Clean uniform
 - D. Good Nutritional habit

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