

Q.P. CODE: 1779

Rajiv Gandhi University of Health Sciences, Karnataka

II Semester B. Sc Nursing Degree Examination – 08.01.2024

Time: Three Hours**Max. Marks: 50****APPLIED NUTRITION & DIETETICS – SECTION - A****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. Write about the advantages of breastfeeding. List down the guidelines for meal planning during lactation

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

2. Explain in detail about Vitamin A deficiency.
3. Write about the deficiency of Niacin.
4. Explain about meat hygiene.
5. Write the role of nurse in nutrition education.

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

6. Write the caloric value of carbohydrates.
7. Define Proteins.
8. Write any two dietary sources of Vitamin E.
9. What is bland diet?
10. Write about nutrition screening.
11. Define nutrition education.

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

12. An example for micronutrient is
 - A. Vitamins
 - B. Fats
 - C. Carbohydrates
 - D. Proteins
13. One gram of fat yields
 - A. 9 kilo calories
 - B. 4 kilo calories
 - C. 7 kilo calories
 - D. 12 kilo calories
14. Which mineral helps to prevent dental caries
 - A. Phosphorous
 - B. Fluoride

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- C. Zinc
D. Calcium
15. Standardization of food by the directorate of marketing and inspection of Government of India is known as
A. PFA Standard
B. Codex Alimentarius
C. AGMARK Standard
D. Bureau of Indian Standards
16. Exclusive breast feeding is recommended between
A. 0 – 3months
B. 0 – 4months
C. 0 – 5 months
D. 0 – 6months
17. A diet which is made up of foods that are soft, not very spicy and low in fibre is called as
A. Soft Diet
B. Bland Diet
C. Clear fluid Diet
D. Liquid Diet
18. Protein levels in low calorie diet should be
A. 65 – 100 grams
B. 50 – 55 grams
C. 20 – 30 grams
D. 25 – 40 grams
19. The method used for cooking food uncovered without liquid or fat is
A. Moist heat cooking
B. Deep frying
C. Dry heat cooking
D. Pressure cooking
