

Q.P. CODE: 1779

Rajiv Gandhi University of Health Sciences, Karnataka

II Semester B. Sc Nursing Degree Examination – 26 June 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 in detail about the Infant and Young Child Feeding (IYCF) emphasizing WHO and UNICEF recommendations

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

2. Explain about the preventive measures and role of nurse in childhood obesity.
3. Explain about calcium deficiency disorder
4. **Write about the dietary management of a patient with constipation**
5. Enlist the purpose of nutrition education.

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

6. Write about the classification of carbohydrates.
7. List any two animal sources of proteins.
8. Write any two functions of vitamins.
9. Write any two principles of Mid-day meal scheme.
10. Define Nutrition assessment.
11. Mention any two objectives of National Iodine Deficiency Disorder Control Programme.

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

12. The components required by the body in small amount are called
 - A. Macro nutrient
 - B. Micro nutrient
 - C. Nutrient
 - D. Adulterant
13. Groundnut oil is a rich source of
 - A. Vitamins
 - B. Minerals
 - C. Fats
 - D. Proteins

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14. The nutrient needed in diet for proper thyroid function
 - A. Calcium
 - B. Zinc
 - C. Iodine
 - D. Fluoride
15. The large **portion** of daily diet of Indians includes.
 - A. Cereals and Millets
 - B. Milk and Milk Products
 - C. Meat and Fish
 - D. Sugar and Jaggery
16. Among the following traits, which plays the greatest role in potential risk for obesity
 - A. Heredity
 - B. Age
 - C. Lifestyle
 - D. Gender
17. Individuals are at higher risk for coronary heart disease if they carry excess weight in
 - A. Thighs
 - B. Buttocks
 - C. Hips
 - D. Abdominal area
18. Indian Standards Institution (ISI) was established in the year
 - A. 1947
 - B. 1950
 - C. 1975
 - D. 2001
19. The recommended time duration for washing hands before and after handling food is
 - A. 15 seconds
 - B. 20 seconds
 - C. 30 seconds
 - D. 60 seconds
