

Rajiv Gandhi University of Health Sciences, Karnataka

II Semester B. Sc Nursing Degree Examination - 16-Jun-2025

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. Prepare a well-balanced diet plan for a postnatal mother

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

2. Write the signs and symptoms and nutritional management for Kwashiorkor
3. List the steps to assess childhood obesity and measures to control it
4. Elaborate the principles to be followed for safe food handling
5. Explain the objectives of nutritional assessment

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

6. List any two objectives of Vitamin A supplementation programme
7. Name any two mineral deficiency disorder
8. Name any two water soluble vitamins
9. Mention the recommended daily requirement of proteins for a normal adult
10. Define energy and mention its unit
11. List any two agencies working towards food and nutrition

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

12. The most appropriate non – energy drink is
 - A. Water
 - B. Milk
 - C. Soft Drink
 - D. Fruit juice
13. Magnesium is rich in
 - A. Chicken
 - B. Roasted almonds
 - C. Carrot
 - D. Molasses
14. The recommended iron allowance per day for a pregnant woman is
 - A. 30mg
 - B. 40mg
 - C. 50mg
 - D. 60 mg

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15. Meat is a rich source of
 - A. Carbohydrates
 - B. Proteins
 - C. Fats
 - D. Vitamins
16. The modifiable risk factor associated with coronary artery disease is
 - A. Age
 - B. Obesity
 - C. Heredity
 - D. Ethnicity
17. Body Fat is measured in terms of
 - A. Ratio
 - B. Grams
 - C. Percentage
 - D. Proportion
18. The person responsible for food safety machinery of various states of India is
 - A. Food Safety Officer
 - B. Food regulation and control officer
 - C. Commissioner of Food Safety of State
 - D. State Minister of Health & Family Welfare
19. The healthiest form of cooking is
 - A. Frying
 - B. Steaming
 - C. Roasting
 - D. Baking

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