

First year B.Sc. Nursing (PC) Degree Examination – August 2010

**Time: Two Hours**

**Max. Marks: 35 Marks**

**NUTRITION AND DIETETICS  
(RS-3 & RS-4)**

**Q.P. CODE: 1732**

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

**LONG ESSAYS (Answer any One)**

**1 x 10 = 10 Marks**

1. Explain in detail the guidelines in planning diet to meet the nutritional needs of an elderly person
2. Describe the methods of assessing the nutritional status in an individual and the community

**SHORT ESSAYS (Answer any Three)**

**3 x 5 = 15 Marks**

3. Methods of preservation of food
4. Advantages of school lunch programme
5. Vitamin A deficiency
6. Therapeutic diet for renal disorders

**SHORT ANSWERS**

**5 x 2 = 10 Marks**

7. Protein requirements for infants
8. Rich dietary sources of calcium
9. Niacin Deficiency
10. Pasteurization of milk
11. Exclusive breastfeeding

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