RGUHS- B.Sc Nursing First Year Subject : Nutritional And Biochemistry Important Questions (Rajiv Gandhi University of Health Sciences)

Long Questions

1 Describe the methods used in assessment of nutritional status of individuals
2 Explain the functions, digestion and absorption of carbohydrates
3 Mention the recommended dietary allowances for a pregnant women. Plan a day's diet by giving reasons for the selection of foods
4 Enumerate the reactions of glycolysis. Add a note on its energetics
5 Give the sources, functions, deficiency manifestations and RDA of vitamin A
a) Define carbohydrates
b) Write about the digestion, absorption and metabolism of carbohydrates
6 a) Discuss the applied nutrition programme
b) Write the role of nurse in applied nutrition programme

7 Discuss the Metabolism of Tyrosine. What are the biologically important compounds formed from tyrosine. Add a note on Alkaptonuria
8 Describe the sources, daily requirement, biochemical functions and regulation of serum calcium level
9 What is therapeutic diet? Write briefly on modifications in therapeutic diet.
a) Explain the nutritional problems in India.
b) Discuss the nutritional programmes in detail.
10 Explain in detail the steps involved in Aerobic Glycolysis and add a note on its energetics and regulation.
11 Classify Enzymes. Explain the properties of enzymes and influence of various factors on enzyme activity.

Short Questions

1 Toxic effects of fluoride
2 Clinical signs and symptoms of kwashiorkar
3 Fluid and electrolyte imbalance
4 List the foods to be included and excluded in diabetes Give reasons
5 Definition, function and deficiency of essential fatty acids
6 Objectives of cooking
7 Differentiate between osteoporosis and osteomalacia
8 Functions of lipoproteins
9 Urea cycle
10 Substances formed from cholesterol
11 Blood buffers
12 Classification and sources of protein
13 Integrated child development scheme
14 Food standards

15 Explain the functions of calcium in our body
16 Role of nurse in nutrition education
17 Methods of food preservation
18 Discuss the factors affecting Enzyme activity
19 Phospholipids
20 Creatinine clearance test
21 Protein energy malnutrition
22 Functions, sources and classification of lipids
23 Diet in Pregnancy
24 Weaning
25 Food hygiene
26 Principles and methods of cooking
27 Functions of lipoproteins
28 Mechanism of Antibody Production
29 Functional classification of proteins
30 Define haemochromatosis
31 Sources of cholesterol
32 Define recommended dietary allowances
33 Define sautéing Give two examples where it is used
34 Define food fortification with an example
35 Beri beri
36 Essential amino acids
37 Benedicts test
38 Conjugated proteins
39 Name the coenzyme form of riboflavin and niacin
40 Obesity
41 Sources of Iron
42 Steaming
43 Macronutrients
44 Basal metabolic rate
45 Beri-Beri
46 Metabolic Alkalosis
47 Iodine
48 Write the normal levels of a) FBS b) Blood Urea
49 c) Serum Total Protein d) SGOT
50 Name biologically important compounds formed from cholesterol
51 BMR
52 Adulteration
53 CFTRI
54 Sources of Iron
55 Nutrition education
56 Vitamin E
57 Write two functions of calcium
58 Metabolic acidosis
59 Steroid Hormones
60 Mention the normal levels of Serum Chloride and Serum Sodium