

# Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing (PC) Degree Examination – SEP-2017

Time: Two Hours  
www.guestar.com

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. Define balanced diet. Discuss the factors to be considered while planning a balanced diet. Plan a day's menu for a pregnant mother keeping in mind the nutritional needs. (2+3+5)
2. Define Malnutritional. Describe the signs and symptoms of malnutritional. Discuss in detail the nutritional management of a toddler with malnutritional. (2+3+5)

### SHORT ESSAYS (Answer any Three)

**3 x 5 = 15 Marks**

3. Describe the therapeutic diet in Diabetes mellitus.
4. Explain the nutritional requirements in feeding normal infants
5. List the methods of nutrition education and explain the role of nurse in nutrition education.
6. Describe the nutritional needs of the elderly.

### SHORT ANSWERS

**5 x 2 = 10 Marks**

7. List the methods of food preservation.
8. Define Bitot Spots.
9. Define Pasteurization.
10. List any 4 current nutritional problems in India.
11. List the direct methods of assessing nutritional status.

