

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination - September 2014

Max. Marks: 45 Marks

Time: 3 Hours

Nutrition

Q.P. Code: 1755

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary
1 x 10 = 10 Marks
(2+3+5)

LONG ESSAYS (Answer any One)

1. a) Define Menu Planning.
b) List the importance of Menu Planning.
c) Plan a menu for a sedentary pregnant woman.
2. Explain the various national programs related to nutrition.

5 x 5 = 25 Marks

SHORT ESSAYS (Answer any Five)

3. Describe the factors affecting Basal Metabolic rate.
4. Explain the types, sources and deficiencies of Protein.
5. Briefly explain the functions, dietary sources, daily requirements and deficiency of vitamin C.
6. Enumerate the effects of dehydration and its management.
7. Explain the dietary sources, daily requirements and deficiency of iron.
8. Briefly describe the methods of cooking.

5 x 2 = 10 Marks

SHORT ANSWERS

9. Keratomalacia
10. List the methods of Food preservation.
11. Essential fatty acids
12. Monosaccharides
13. Body Mass Index
