

# Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – Aug 2013

Time: 3 Hours

Max. Marks: 60 Marks

## Nutrition

**Q.P. Code : 1748**

Your answers should be specific to the questions asked. Draw neat labeled diagrams wherever necessary  
**(Note : Both QP Codes 1748 and 1749 are to be answered within total duration of 3 hours)**

### **LONG ESSAYS (Any Two)**

**2 x 10 = 20 Marks**

1. Define Nutrition. Explain in detail on nutritional problems in India with preventive measures.
2. Classify vitamins. Describe Dietary Sources, Functions, Deficiencies and Hyper Vitaminosis of Fat Soluble Vitamins.
3. Define Preservation. Write briefly on various methods of food preservation.

### **SHORT ESSAYS (Any Five)**

**5 x 5 = 25 Marks**

4. Food groups
5. Preventive measures on food adulteration
6. NIPCCD
7. Over hydration and dehydration
8. Body mass index
9. Functions of protein
10. Goals of national nutritional policy

### **SHORT ANSWERS**

**5 x 3 = 15 Marks**

11. Over consumption of fats
12. Classify carbohydrates
13. IDD
14. Function of food
15. Elements of nutrition

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