

**Rajiv Gandhi University of Health Sciences, Karnataka**  
II Year B.Sc. (Nursing - Basic) Degree Examination – Aug 2013

**Time: Three Hours**

**Max. Marks: 80 Marks**

**GROWTH & DEVELOPMENT INCLUDING NUTRITION**  
**(Revised Scheme)**  
**Q.P. CODE: 1687**

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

**LONG ESSAYS (Answer any Two)**

**2 x 10 = 20 Marks**

1. a) Write the current concepts and factors influencing growth and development  
b) Explain the biological principles of growth and development
2. a) Explain the developmental tasks of a child from 1 to 3 years  
b) Care and guidance of toddler during training period
3. a) Write the concept of a balanced diet  
b) Explain the steps in planning balanced diet  
c) Plan the diet for school age child

**SHORT ESSAYS (Answer any Eight)**

**8 x 5 = 40 Marks**

4. Food pattern and its relation to health
5. Physical growth of child from six to twelve years
6. Sex education
7. Purposes and methods of cooking
8. Macronutrients and micronutrients
9. Food selection, storage and preservation
10. Psychological and social changes affecting old persons
11. Factors influencing foetal development
12. Physical adjustment of newborn
13. Behavioural problems and appraisal of infant

**SHORT ANSWERS**

**10 x 2 = 20 Marks**

14. Family
15. Old age
16. Fats
17. Vitamin deficiency
18. Sources of carbohydrates
19. Clear fluids
20. Marital adjustment
21. Problems of adulthood
22. Embryo
23. Erickson's theory of psychosocial development

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