

Rajiv Gandhi University of Health Sciences, Karnataka

First year B.Sc. (Nursing - Basic) Degree Examination – Sept / Oct 2008

Time: Three Hours

Max. Marks: 80 Marks

NUTRITION (Old Scheme)

Q.P. CODE: 1656

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. Define nutrition and dietetics. What is the role of nutrition in health and disease
2. Define and list essential amino acids. Discuss the deficiency signs and symptoms of protein energy malnutrition
3. a) Classify Vitamins
b) Explain the deficiency disorders of B-complex vitamin

SHORT ESSAYS (Answer any Eight)

8 x 5 = 40 Marks

4. Deficiency of vitamin 'D'
5. Special considerations while feeding preschoolers
6. Prevention of flourosis
7. Factors affecting calcium absorption in the body
8. RDI (Recommended Daily Intake) for adolescent boy
9. Food preservation
10. Purposes and methods of cooking
11. Nutritive value and advantages of breast milk
12. Economic and cultural factors promoting nutritional health
13. Cooking principles to be followed to preserve vitamins

SHORT ANSWERS

10 x 2 = 20 Marks

14. List sources of fibre diet
15. What is weaning?
16. Food fads
17. Daily requirements of B₁
18. What are unsaturated fatty acids?
19. High protein diet
20. Balanced diet
21. Water preservation
22. Effects of vitamin 'K' deficiency
23. Full fluid diet