

First Year B.Sc Nursing Degree Examinations, October

2013 NUTRITION AND BIOCHEMISTRY

Time: 3 Hours

Maximum Marks: 75

- Answer all questions
- Write section A and section B in separate answer books. Do not mix up questions from section A and section B.

Q P Code:
104010 Essay

Section A – NUTRITION

Marks:5
0 (10)

1. "Explain the sources, daily requirement, absorption and storage, functions and deficiency of vitamin A. (1+1+2+3+3=10)

Short notes

(5x5=25)

2. Factors affecting food and nutrition.
3. Protein energy malnutrition
4. Causes and prevention of obesity
5. Prepare a day's menu for a pregnant woman.
6. Daily requirement and functions of fibre

Answer Briefly

(5x3=15)

7. Body mass index
8. Diet for a diabetic individual
9. Functions of water
10. Food standards
11. Role of nurse in IDD program.

Q P Code:
105010 Essay

Section B – BIOCHEMISTRY

Marks:2
5 (10)

1. Mention the normal fasting blood sugar level. How is the blood sugar regulated.

Short notes

(5x2=10)

2. Digestion and absorption of lipids
3. Sources and deficiency manifestations of vitamin B6

Define the following

(5x1=5)

4. Normal serum values of HDL and LDL
5. Alkaptonuria
6. Mini GTT
7. One enzyme indicating hepatocellular damage
8. Metabolic acidosis
