

**First Year B.Sc Nursing Degree Examinations, October 2016**

**NUTRITION AND BIOCHEMISTRY**

**Time: 3 Hours**

**Maximum Marks: 75**

- Answer all questions
- Write section A (52 Pages) and section B(32 Pages) in separate answer books. Do not mix up questions from section A and section B.

**Q P Code: 104010**  
**Essay**

**Section A – NUTRITION**

**Marks:50**  
**(10)**

1. Define basal metabolic rate. Explain its determination and factors affecting it.

**Short notes**

**(5x5=25)**

2. Classification of proteins
3. Mid-day meal programme
4. Measures taken to prevent anemia in India
5. Importance of water in the body
6. Dietary methods used to assess the nutritional status

**Answer Briefly**

**(5x3=15)**

7. List the functions of vitamin C
8. Explain briefly fat as a medium of cooking
9. Plan a day's menu for an adult woman doing sedentary work
10. Nutrition education
11. Explain the causes of pellagra

**Q P Code: 105010**  
**Essay**

**Section B – BIOCHEMISTRY**

**Marks:25**  
**(10)**

1. Classify lipoproteins. Describe the metabolism of very low density lipoprotein. Add a note on atherosclerosis.

**Short notes**

**(2x5=10)**

2. Phenyl ketonuria
3. Biochemical derangements in diabetes mellitus

**Define the following**

**(5x1=5)**

4. Micelle
5. Enzymes elevated in myocardial infarction
6. Anion gap
7. Van den Bergh test
8. Scurvy

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