

**First Year B.Sc Nursing Degree Supplementary Examinations
October 2018**

Nutrition and Biochemistry

(2010 Scheme)

Time: 3 Hours

Max Marks: 75

- Answer all questions
- Write section A (**32 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 balanced diet. Mention the principles involved in preparing a low cost nutritious diet. Prepare a day's menu for an adolescent girl. (2+4+4)

Short notes

(5x5=25)

2. Classification of food.
3. Sources and functions of proteins.
4. Sources, functions and deficiency of vitamin A.
5. Methods of cooking
6. Household methods of food preservation.

Answer Briefly

(5x3=15)

7. Food budgeting
8. Midday meal programme.
9. Prevention of iron deficiency anemia.
10. Scurvy
11. Dietary source and functions of calcium.

**Q P Code: 105010
Essay**

Section B – Biochemistry

**Marks: 25
(10)**

1. What are the essential amino acids. Explain the digestion and absorption of proteins.

Short notes

(2x5=10)

2. Lipoproteins
3. Sources and deficiency manifestations of Vitamin D

Define the following

(5x1=5)

4. Significance of TCA cycle
5. Galactosemia
6. Normal serum values of sodium and potassium
7. Phenyl ketonuria
8. Respiratory acidosis