

**First Year B.Sc Nursing Degree Supplementary Examinations  
April 2019**

**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. Explain the classification, functions, requirements and sources of fat.

**Short notes**

**(5x5=25)**

2. Regulation of water metabolism.
3. Factors affecting food and nutrition.
4. Classifications of carbohydrates.
5. Prepare a day's menu of balanced diet for an adolescent girl.
6. Methods of food preservation.

**Answer Briefly**

**(5x3=15)**

7. National Iodine Deficiency Disorders (IDD) programme.
8. Functions, sources of vitamin E.
9. Elements of Nutrition
10. Deficiencies and over consumption of proteins.
11. RDA of Calcium for different categories of people.

**Q P Code: 105010**

**Section B – Biochemistry**

**Marks: 25**

**Essay**

**(10)**

1. Dietary sources, biochemical functions and deficiency manifestations of vitamin A  
(2+4+4)

**Short notes**

**(2x5=10)**

2. How heme is catabolized
3. Urea cycle

**Define the following**

**(5x1=5)**

4. Normal serum creatinine
5. Rickets
6. Two copper containing enzymes
7. Two cardiac enzyme markers
8. IgG