

**First Year B.Sc Nursing Degree Supplementary Examinations  
February 2022  
Nutrition and Biochemistry**

**(2016 Scheme)**

**Time: 3 Hours**

**Max Marks: 75**

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*
- *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: 114010**

**Section A – Nutrition**

**Marks: 50**

**Short Essay**

**(2x7=14)**

1. Mention the factors to be considered during menu planning and prescribe a diet for an obese male.
2. Mention the principles involved in food preservation. Briefly describe the various methods of food preservation at commercial level.

**Short Notes**

**(5x4=20)**

3. What is RDA. Mention net energy requirement in Kcal of various age groups.
4. What do you understand by water balance in healthy adult. Describe briefly on dehydration.
5. List out factors affecting food and nutrition
6. Classification of carbohydrates
7. Integrated child development services.

**Answer Briefly**

**(4x4=16)**

8. Protein energy malnutrition
9. Vitamin A deficiency.
10. Food sources and deficiency of calcium.
11. Digestion of fat

**Q P Code: 115010**

**Section B – Biochemistry**

**Marks:25**

**Short Essays**

**(2x5=10)**

1. What is the normal blood glucose level. Discuss the regulation of blood glucose
2. Describe the enzyme profile in liver diseases

**Short notes**

**(2x3=6)**

3. Mitochondria
4. Structure and functions of cell membrane

**Differentiate Between**

**(3x3=9)**

5. Essential amino acids and non-essential amino acids
6. Active transport and passive transport
7. Saturated fatty acids and unsaturated fatty acids

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