

QP CODE: 102011

Reg.No:.....

First Year Post Basic B.Sc Nursing Supplementary Examinations-May 2014

NUTRITION & DIETETICS

Time: 2 Hours

Total Marks: 35

- Answer all questions
- Draw diagrams wherever necessary

Essay: (10)

1. Explain the various nutrient requirements of a normal pregnant woman. Prepare a day's menu for a pregnant woman using low cost nutritious food materials. (5+5=10)

Short notes: (5x3=15)

2. Functions of carbohydrate.
3. Hygienic way of preparing food
4. Dietary advice for an individual with allergy
5. Food items to be restricted in obesity
6. Methods of introducing supplementary food

Answer briefly: (5x2=10)

7. Name the ongoing national nutrition programme.
8. Scurvy
9. Sources and requirement of dietary calcium.
10. Definition of balanced diet.
11. Causes and symptoms of dehydration.
