

QP CODE: 102011

Reg.No:.....

First Year Post Basic B.Sc Nursing Supplementary Examinations- April 2015

NUTRITION & DIETETICS

Time: 2 Hours

Total Marks: 35

- Answer all questions
- Draw diagrams wherever necessary
- Write only 32 Pages answer books

Essay: (10)

1. What is balanced diet. Enumerate the factors involved in preparing a balanced diet.
Plan a day's menu for an adolescent girl aged 15 years. (2+3+5=10)

Short notes: (5x3=15)

2. Causes and management of protein energy malnutrition
3. Household methods of food preservation
4. Diet prescription for an obese adult man
5. Anthropometric methods of nutritional status assessment
6. Advantages of school lunch programme.

Answer briefly: (5x2=10)

7. Name the different methods of cooking
8. Define weaning and give schedule for it
9. Causes and prevention of nutritional anemia
10. Clinical manifestations of vitamin A deficiency
11. Functions and deficiency of vitamin C
