

QP CODE: 102011

Reg. No:.....

**First Year Post Basic B.Sc Nursing Supplementary Examinations
October 2018**

Nutrition & Dietetics

(2010 Scheme)

Time: 2 Hours

Total Marks: 35

- Answer all questions
- Draw diagrams wherever necessary
- **Write only in 32 Pages Answer Books**

Essay: (10)

1. Discuss the nutritional problems in India. Describe various national programs implemented to tackle problems of malnutrition among our population.

Short Notes: (5x3=15)

2. Balanced diet for a 70 years old woman
3. BMR
4. Explain the dietary management in cardiovascular diseases
5. Mid-day meal program
6. Essential fatty acids

Answer briefly: (5x2=10)

7. Classification of carbohydrates
8. List the functions of calcium
9. Food hygiene
10. Steaming
11. Sources of proteins
