

QP CODE: 102011

Reg. No:.....

**First Year Post Basic B.Sc Nursing Supplementary Examinations  
April 2019**

**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. Explain balanced diet, importance of balanced diet and factors to be considered in planning a balanced diet. Add a note on guidelines and recommendations available for planning a balanced diet.

**Short Notes: (5x3=15)**

2. Essential amino acids
3. Nutritional programs in India
4. Diet in pregnancy
5. Vitamin A prophylaxis schedule
6. Explain the dietary management of fever

**Answer briefly: (5x2=10)**

7. Principles of cooking
8. Pasteurization
9. Exclusive breast feeding
10. Body mass index (BMI)
11. Storage of food

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