

QP CODE: 112011

Reg. No:.....

**First Year Post Basic B.Sc Nursing Degree Regular/Supplementary  
Examinations February 2023**

**Nutrition and Dietetics**

**(2016 Scheme)**

**Time: 2 Hours**

**Total Marks: 35**

- *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*
- *Draw diagrams wherever necessary*

**Short Essays:**

**(3x7=21)**

1. Define therapeutic diet. Explain the dietary principles and prepare a therapeutic diet for a diabetic mellitus patient. (2+3+2)
2. Define weaning. Explain the principles while introducing weaning. (2+5)
3. Define food preservation. Explain the domestic methods of food preservation. (2+5)

**Short notes:**

**(2x4=8)**

4. Functions of carbohydrates.
5. Nutritional demand for a pregnant woman.

**Answer briefly:**

**(2x3=6)**

6. Current nutritional problems in India.
7. Factors to be considered in meal planning

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