

QP CODE: 112011

Reg. No:.....

**First Year Post Basic B.Sc Nursing Degree Supplementary Examinations
March 2026**

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 balanced diet. Explain the routine hospital diets. (2+5)
2. Define over weight. Prepare a diet plan for a patient with Diabetes Mellitus. (2+5)
3. Define nutrition education. Explain the methods and needs of nutrition education. (4+3)

Short notes:

(2x4=8)

4. Assessment of nutritional status.
5. Nutritional needs for old age.

Answer briefly:

(2x3=6)

6. Food preservation.
7. Moist methods of cooking.
