

NUTRITION

STAR YOUTUBE CHANNEL

N - (i)

B.Sc. (nursing-part I) examination,
Oct. 2007

Paper - II (section -A)
Subject - Nutrition

- Q.1 Discuss briefly :-
- A. Balanced diet.
 - B. PEM (protein energy malnutrition)
 - C. Anemia
- Q.2 Write sources, functions, daily requirement, deficiency symptoms of following vitamins :-
- A. Vitamin-B₁
 - B. Niacin
 - C. Vitamin-C
- Q.3 Write short notes on the following :-
- A. Methods of cooking.
 - B. Calcium
- Q.4 Discuss Briefly :-
- A. IDD.
 - B. Fatty acids
 - C. RDA
- Q.5. Define the following terms :-
- A. Food fortification.
 - B. PFA Act.

**B.Sc. (nursing-part I) examination,
Nov. 2008**

**Paper - II (section -A)
Subject - Nutrition**

- Q.1 A. Define balanced diet
B. Differentiate between under-nutrition and malnutrition.
C. Prepare a menu for Mrs. Anita 25 years, lactating mother having 4 months old baby, 5ft 4" tall, 50 kg weight doing moderate household work.
- Q.2 A. List of the fat soluble vitamins and their five sources.
B. What are the functions of vitamin in body.
C. Discuss in detail the role of nurse in the community for prevention of vitamin-A deficiency.
- Q.3 A. Explain the methods of cooking
B. Write the effects of cooking on nutrient.
C. Describe the methods of food preservation.
- Q.4 Write short notes on any 4 of the following :-
A. Adulteration of food.
B. Factors effecting basal metabolic rate .
C. Functions and sources of protein .
D. Mid-day meal programme.
E. Pasteurization of milk.

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**B.Sc. (nursing-part I) examination,
Jan./Feb. 2010
Paper - II (section -A)
Subject - Nutrition**

Q.1 Discuss briefly any 3 of following :-

- A. Anemia
- B. Goiter
- C. Fluorosis
- D. Deficiency symptoms of vitamin A

Q.2 Write short notes on any 3 of the following :-

- A. Role of roughage in diet
- B. Essential amino acid
- C. Protein sparing effect
- D. PFA Act

OR

Q.3. Discuss briefly :-

- A. Breast feeding
- B. Calcium
- C. BMR

Q.4. Write briefly on the following :-

- A. Role of nurses in nutrition education :-
- B. Sources, daily requirement, function, deficiency of water soluble vitamins.

**B.Sc. (nursing-part I) examination,
Jan. 2011
Paper - II (section -A)
Subject - Nutrition**

- Q1. A. Discuss briefly "over nutrition : emerging health problem in urban India".
B. List differences between Marasmus and Kwashiorkor.
C. What is BMI ? Calculate the BMI of Mr. Alok weighed 80 kg, height 170 cms. Interpret the BMI of Mr. Alok?
- Q2. A. Classify fats.
B. List dietary sources of fat.
C. Explain digestion and absorption of fat.
- Q3. Write short notes on the following :-
A. Vitamin-D deficiency.
B. Different methods to assess nutritional status.
C. Different elements of balanced diet.
- Q4. A. Discuss briefly "HDL, LDL, VLDL" in context with fat.
B. ICDs
C. PFA

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B.Sc. (nursing-part I) examination,
Nov. 2011
Paper - II (section -A)
Subject - Nutrition

Q.1. Discuss briefly any three of the following :-

- A. PEM.
- B. Balanced diet.
- C. Atherosclerosis.
- D. Scurvy.

Q.2. Write short notes on any three of the following :-

- A. Factors affecting BMR.
- B. Essential fatty acid.
- C. Food toxicity.
- D. Water balance.

Q.3. Discuss briefly :-

- A. Ascorbic acid.
- B. PFA.
- C. Interrelationship between nurse, dietitian and doctor.

Q.4. Write briefly on the following :-

- A. Assessment of nutritional status.
- B. Role of roughage in different diseases.

B.Sc. (nursing-part I) examination,
Nov./Dec. - 2012
Paper - II (section -A)
Subject - Nutrition

- Q.1. Discuss briefly on any 3 of the following :-
- A. Balanced diet.
 - B. Food additives.
 - C. Food groups.
 - D. Deficiency symptoms of vitamin - C.
- Q.2. Write short notes on any 3 of the following :-
- A. Iodine deficiency disorder.
 - B. Adulteration.
 - C. Malnutrition
 - D. RDA
- Q.3. Discuss briefly :-
- A. Carbohydrate.
 - B. Essential fatty acid.
 - C. Iron
- Q.4. Write briefly on the following :-
- A. Sources, deficiencies, function and symptoms of fat soluble vitamin.
 - B. Principles, methods of cooking and serving.

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**B.Sc. (nursing-part I) examination,
December - 2013
Paper - II (section -A)
Subject - Nutrition**

- Q.1. Classify vitamins. Describe their deficiency diseases.
- Q.2. Write briefly on any 3 of the following :-
- A. Pasteurization.
 - B. Importance of minerals in diet.
 - C. Electrolyte imbalance.
 - D. Kwashiorkor.
- Q.3. Comment on 'prevention of food adulteration Act (PFA)'.
- Q.4. Write short notes on :-
- A. National programme related to vitamin-A deficiency.
 - B. Planning a diet for a client who is suffering from renal disorders.

B.Sc. (Nursing) Part-I Main & remanded examination
Jan-2015
Subject - Nutrition
Section -A (nutrition)

1. Discuss briefly any three of following:-
 - A. Over hydration and water intoxication
 - B. Fat soluble vitamins and its deficiency diseases
 - C. ICDS programme
 - D. BMI and factors affecting BMR

2. Write short notes on any three of the following:-
 - A. Role of roughage in diet.
 - B. Explain methods of preservation of food
 - C. Therapeutic diet for jaundice patients
 - D. National and international agencies working towards food.

3. Discuss briefly:-
 - A. Define balanced diet and bland diet.
 - B. Differentiate between under nutrition and malnutrition
 - C. Prepare a menu for Mrs Rani 22 yrs pregnant woman.

4. Write briefly on the following :-
 - A. Define protein, enlist its types. Discuss about metabolism of protein.
 - B. Discuss about protein energy malnutrition with its preventive measures.

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**B.Sc. (Nursing-part I) examination,
November-2015
Paper-II (Section - A)
Subject - Nutrition**

Marks : 40

**Note :- Q.No. 4 is compulsory
Attempt any TWO from rest of the Questions.
Use Separate Answer - book for each section.**

- Q.1. Classify carbohydrates. Describe their functions, dietary sources and deficiency diseases. 2+3+3+4
- Q.2. Write briefly on any 3 of the following :-
- | | |
|--|---|
| A. Functions of protein and its sources. | 4 |
| B. Digestion and absorption of fats. | 4 |
| C. Factors affecting food and nutrition. | 4 |
| D. Function of water and electrolytes. | 4 |
- Q.3. Explain the nutritional problems in India and national nutrition policy. 12
- Q.4. Write short notes :-
- | | |
|---|---|
| A. Role of nutrition in maintaining health. | 8 |
| B. Prevention of food adulteration Act | 8 |

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**B.Sc. (Nursing-part I) examination,
November-2016**

Paper-II (Section - A)

Subject - Nutrition

Time : Three Hours

Marks : 40

Note :- Q.No. 4 is compulsory

Attempt any TWO from rest of the Questions

- Q.1. Define nutrition. Explain role of nutrition in maintaining health. Discuss the factors affecting food and nutrition. (2 + 4 + 6 = 12)
- Q.2. Write briefly on the following (any three) :- (3 × 4 = 12)
- A. Functions of minerals
 - B. Dietary sources of proteins
 - C. Digestion and storage of fat
 - D. ICDS
- Q.3. Discuss principles and methods of cooking and food standards. (12)
- Q.4. Write short notes on :- (2 × 8 = 16)
- A. Describe the nutritional problems in India
 - B. National nutritional policy

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B.Sc. Nursing Part-I Examination
November - 2017
Sub. - Nutrition
Paper - II (Section A)

Marks:- 40

Note:- Q. No. 4 is Compulsory
Attempt any TWO from rest of the questions in each section.
Use Separate Answer - Book for each section.

- Q.1. Describe the role of nutrition in maintaining health. Explain the factors affecting food and nutrition. $6 + 6 = 12$
- Q.2. Write short notes (Any three) : $3 \times 4 = 12$
- A. Measurements of energy
 - B. Electrolytes
 - C. Basal metabolic rate (BMR)
 - D. Hypervitaminosis
- Q.3. Discuss briefly (Any three) : $3 \times 4 = 12$
- A. Prevention of food adulteration Act
 - B. Role of nurse in nutrition education
 - C. Vitamin-A deficiency programme
 - D. Elements of nutrition
- Q.4. Write briefly on the following :- $2 \times 8 = 16$
- A. Synthesis, absorption, storage and metabolism of minerals.
 - B. Classification, function, dietary sources and deficiency disorder of proteins.

B.Sc. Nursing Part-I Examination

November-2018

Sub. – NUTRITION

Paper - II (SECTION-A) Marks : 40

Question No. 4 is Compulsory.

Attempt any TWO from rest of the questions in each section.

(Use Separate Answer-Book for Each Section)

1. Classify proteins. Describe their functions, dietary sources and deficiency diseases. 12
2. Write briefly on (Any three): 3 × 4 = 12
 - (a) Body mass index (BMI) and basic metabolism.
 - (b) Methods of cooking.
 - (c) Integrated child development scheme (ICDS)
 - (d) Digestion and absorption of carbohydrates.
3. Explain the balanced diet; explain in detail the factors affecting it. 12
4. Write short notes on
 - (a) National programmes related to nutrition. 08
 - (b) Regulations of electrolytes and its mechanism. 08

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B.Sc. Nursing Part-I Examination
November – 2019
Sub. - NUTRITION
Paper-II (Section - A)

Question NO. 4 is compulsory

Attempt any TWO from rest of the questions in each section
(Use Separate Answer-Book for Each Section)

Marks: 40

- Q.1 a) Define nutrition.
b) Explain the methods of nutrition education and the role of a nurse in it.
- Q.2 Write briefly (Any three):
a) Enumerate the effects of dehydration and its management.
b) Factor affecting BMR.
c) Functions, sources and classification of protein.
d) Food adulteration.
- Q.3 Write short notes on:
a) Weaning. b) ICDS.
- Q.4 Write short notes on:
a) Diet plan for lactating women. b) Nutrition assessment.
c) Nutritional problems in India. d) Ascorbic acid.

Q2

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$3 \times 4 = 12$

$2 \times 6 = 12$

$4 \times 4 = 16$

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