

APRIL - 2001

[KD 847]

Sub. Code : 4861

B.Sc. (Nursing) DEGREE EXAMINATION.

First Year

(For Trained Nurses)

(Modified Regulations)

Paper II — NUTRITION AND DIETETICS

Time : Three hours

Maximum : 75 marks

Two and a half hours

Sec. A & Sec. B : 55 marks

for Sec. A & Sec. B

Section C : 20 marks

Answer Sections A and B in the same Answer Book.

Answer Section C in the Answer Sheet provided.

SECTION A — (2 × 15 = 30 marks)

1. (a) Differentiate between duodenal ulcer and gastric ulcer. Describe the recent concepts in dietary treatment of peptic ulcer. Plan a day's diet for an executive suffering from peptic ulcer. (2 + 7 + 6)

Or

(b) State the principles involved in planning diets for patients suffering from

(i) infective hepatitis

(ii) cirrhosis of the liver

Give a day's diet for a patient with infective hepatitis. (8 + 7)

2. How are vitamins classified? Write briefly on the importance of Ascorbic acid in human nutrition with special reference to its (i) functions (ii) deficiency (iii) sources (iv) daily requirements for all age groups. (15)

SECTION B — (5 × 5 = 25 marks)

3. Write short notes on any FIVE :

(a) Therapeutic diets.

(b) Nutritional needs during adolescence.

(c) Total energy requirement.

(d) Digestion and absorption of fats.

(e) Feeding programmes.

(f) Nutrients.

(g) Factors affecting the Basal metabolic rate.

NOVEMBER - 2001

[KE 847]

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First Year

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(Modified Regulations)

Paper II — NUTRITION AND DIETETICS

Time : Three hours

Maximum : 75 marks

Two and a half hours

Sec. A & Sec. B : 55 marks

for Sec. A & Sec. B

Section C : 20 marks

Answer Sections A and B in the Same Answer Book.

Answer Section C in the Answer Sheet provided.

SECTION A — (2 × 15 = 30 marks)

1. (a) Discuss the etiology and symptoms of peptic ulcer. Plan a day's diet for an anemic woman suffering from peptic ulcer. (8 + 7)

O₁

(b) What guidelines would you follow while planning a diet for an atherosclerotic patient? Plan a balanced diet for an adult man with atherosclerosis. (5 + 10)

2. How are lactagogues important? Discuss the physiological changes during lactation and the importance of breast feeding (2 + 8 + 5)

SECTION B — (5 × 5 = 25 marks)

3. Write short notes on any FIVE

- (a) Nutritional anemia.
- (b) Freezing of foods.
- (c) Night blindness.
- (d) Tube feeding.
- (e) Renal calculi.
- (f) Marasmus.
- (g) Fluorosis.

FEBRUARY - 2005

[KM 847]

Sub. Code : 4861

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year

(Modified Regulations)

Paper II — NUTRITION AND DIETETICS

Time : Three hours

Maximum : 75 marks

Sec. A & B : Two hours and

Sec. A & B : 60 marks

forty five minutes

Section C : Fifteen minutes

Section C : 15 marks

Answer Sections A and B in the SAME Answer Book.

Answer Section C in the answer sheet provided.

SECTION A — (2 × 15 = 30 marks)

1. What is ischaemic heart disease? List the predisposing factors for ischaemic heart disease. Plan a day's menu for a patient suffering from congestive cardiac failure. (2+7+6)

2. Define vitamins. List all the fat soluble vitamins. Explain their role, requirements and sources. (2+2+11)

SECTION B — (6 × 5 = 30 marks)

3. Write short notes on any SIX :

- (a) Digestion and absorption of carbohydrates.
- (b) Importance of nutrition during infancy.
- (c) Food preservation.
- (d) Diet in peptic ulcer.
- (e) Goitre.
- (f) Menu plan for a lactating mother.
- (g) Hepatitis.
- (h) Anthropometric measurements.

AUGUST - 2005

[KN 823]

Sub. Code : 4883

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year — Non-Semester

Paper II — NUTRITION AND DIETETICS

Time : Two hours

Maximum : 35 marks

**Sec. A & B : One hour and
fifty minutes**

Sec. A & B : 25 marks

Sec. C : Ten minutes

Sec. C : 10 marks

Answer Sections A and B in the SAME Answer Book.

Answer Section C in the Answer Sheet provided.

SECTION A — (1× 15 = 15 marks)

Answer the following essay question.

1. List the predisposing factors of diabetes mellitus and discuss the dietary modifications required for a person suffering from diabetes mellitus. Plan a suitable menu for a clerk suffering from Diabetes Mellitus.

SECTION B — (2 × 5 = 10 marks)

2. Write short notes on any TWO of the following.
- (a) Methods of assessing the nutritional status.
 - (b) Diet in pre and post operative stage.
 - (c) I.C.D.S.
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[KO 823]

Sub. Code : 4883

SECTION B — (2 × 5 = 10 marks)

B.Sc. (Nursing) DEGREE EXAMINATION.

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First Year — Non – Semester

Paper II — NUTRITION AND DIETETICS

Time : Two hours

Maximum : 35 marks

**Sec. A & B : One hour and
fifty minutes**

Sec. A & B : 25 marks

Sec. C : Ten minutes

Sec. C : 10 marks

Answer Sections A and B in the SAME Answer book.

Answer Section C in the Answer Sheet provided.

SECTION A — (1 × 15 = 15 marks)

1. Define peptic ulcer. What are the factors to be considered while planning diet for a patient suffering from peptic ulcer? Plan a suitable diet for a patient suffering from peptic ulcer.

2. Write short notes on any TWO of the following.

- (a) Diet for nephritis.
- (b) Feeding of premature infant
- (c) Nutrition during lactation.

August-2006

[KP 823]

Sub. Code : 4883

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year — Non-Semester

Paper II — NUTRITION AND DIETETICS

Time : Two hours

Maximum : 35 marks

Descriptive : One hour and
fifty minutes

Descriptive : 25 marks

Objective : Ten minutes

Objective : 10 marks

1. ONE Essay type question : (15)

Define the term malnutrition. List any five ecological factors that cause malnutrition.

2. Write short notes on any TWO : (2 × 5 =10)

(a) Role of iodine in nutrition

(b) Diet Therapy.

(c) Allergy.

FEBRUARY 2008

[KS 823]

Sub. Code : 4883

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year — Non-Semester

Paper II — NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

**Descriptive : One hour and
fifty minutes**

Descriptive : 25 marks

Objective : Ten minutes

Objective : 10 marks

Answer ALL questions.

I. Essay : (15)

(1) Define diabetes mellitus. Give its signs and symptoms. What are the principles involved in planning a diet for NIDDM. Plan a sample menu.

II. Write short notes on the following : (2 × 5 = 10)

(a) Nutritional requirement for premature baby

(b) Need for community nutrition.

August-2008

[KT 823]

Sub. Code : 4883

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year — Non-Semester

Paper II — NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer ALL questions.

I. Essay : (1 × 15 = 15)

1. Define Protein calorie Malnutrition. Discuss the causes, clinical symptoms, dietary management and steps involved in the eradication of protein calorie malnutrition. (15)

II. Write short notes on : (2 × 5 = 10)

1. Dietary modifications for a diabetic patient.

2. Nutritional care of pregnant woman.

III. Short answers questions : (5 × 2 = 10)

1. List four types of fungal contamination of food.

2. Give four examples for clear fluids.

3. Write four advantages of cooking.

4. Name the four methods of food preservation.

5. List two important nutrients required for wound healing.

February 2009

[KU 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

(For Trained Nurses)

First Year

Non-Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1 x 15 = 15)

1. Define balanced diet. Discuss the importance of balanced diet during pregnancy. Plan a well balanced diet for a pregnant mother.

II. Write Short Notes on :

(2 x 5 = 10)

1. Classification of foods.
2. Functions of vitamin C.

III. Short Answers Questions:

(5 x 2 = 10)

1. List four fibre rich foods.
2. List four conditions requiring salt restriction.
3. List four signs and symptoms of kwashiorkor.
4. List four essential amino acids.
5. Name four foods which cause atherosclerosis.

August 2009

[KV 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

(For Trained Nurses)

First Year

Non-Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1 x 15 = 15)

1. List down and explain the factors causing diabetes mellitus.
Discuss the dietary modifications adopted in treating an obese diabetic patient. Plan a model menu.

II. Write Short Notes on :

(2 x 5 = 10)

1. Nutritional requirements of a pregnant woman.
2. Food preservation.

III. Short Answers Questions:

(5 x 2 = 10)

1. List the characteristics of balanced diet.
2. Name the four important sources of proteins.
3. List four bacterial contaminations of foods.
4. Write four signs and symptoms of pellagra.
5. Name four foods rich in Iron.

February 2010

[KW 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

(For Trained Nurses)

First Year

Non-Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1 x 15 = 15)

1. Discuss the principles followed in planning a diet for chronic renal failure. Give a model menu for a patient undergoing dialysis.

II. Write Short Notes on :

(2 x 5 = 10)

1. Importance of weaning in infant feeding practices.
2. Iodine deficiency disorders - Prevention.

III. Short Answers Questions:

(5 x 2 = 10)

1. List any four methods of preparation of food.
2. Name any four supplementary foods for the baby.
3. Give two examples of Full Fluid diet.
4. List two foods rich in sodium.
5. What are essential amino acids?

[KX 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

**(For Trained Nurses)
First Year – Non – Semester**

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1X15=15)

1. a) List down National Nutritional programmes in India.
- b) Discuss in detail the applied Nutritional programmes.

II. Write Short Notes on :

(2X 5 = 10)

1. Fat soluble Vitamins.
2. Principles of Meal Planning.

III. Short Answers Questions:

(5X 2 = 10)

1. Pepsin.
2. Iron deficiency in childhood.
3. Sources of Vitamin “C”.
4. Preservation by “Caning”.
5. Incomplete Protein.

February 2011

[KY 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

**(For Trained Nurses)
First Year – Non – Semester**

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1X15=15)

1. a) Discuss the Dietary principles.
- b) Apply the Principles in preparing a diet for patient with Renal disorder.

II. Write Short Notes on :

(2X 5 = 10)

1. Supplementary feeding for Infants.
2. Substitutes for non-vegetarian food.

III. Short Answers Questions:

(5X 2 = 10)

1. Under Nutrition.
2. Tetany.
3. Chylomicrons.
4. Essential Amino Acids.
5. Equivalent food values.

August 2011

[KZ 823]

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION**

First Year - Non Semester

(For candidates admitted from 2004-2005 onwards)

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 50 marks

Answer All questions.

I. Essay:

(1X20=20)

1. a) List out direct methods accessing the nutritional status of an individual.
- b) What are the channels of nutrition education in the community?
- c) Name the international agencies promoting Nutrition education.

II. Write Short Notes on :

(4X 5 = 20)

1. Glycemic index.
2. What is meant by short bowel syndrome?
3. Vitamin A deficiency.
4. Food preservation.

III. Short Answers Questions:

(5X 2 = 10)

1. List four food sources of Vitamin C.
2. List four symptoms of Iron deficiency anaemia.
3. What is dark adaptation test?
4. Enumerate the methods of diet survey.
5. What are blood lipids?

February 2012

[LA 823]

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION**

First Year - Non Semester

(For candidates admitted from 2004-2005 onwards)

Paper II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two hours

Maximum: 35 marks

Answer ALL questions.

I. Elaborate on:

(1X15=15)

1. a) Define peptic ulcer. What are the etiological factors of peptic ulcer.
- b) Dietary management for a patient suffering from peptic ulcer.
- c) Plan a suitable menu for a patient suffering from peptic ulcer.

II. Write notes on :

(2X5=10)

1. Protein energy malnutrition.
2. Nutritional requirement of lactating woman.

III. Short Answers:

(5X2 = 10)

1. Define balanced diet.
2. Give four advantages of cooking.
3. Rickets.
4. Weaning.
5. List out any two principles of mid-day meal programme.

[LB 823]

AUGUST 2012

Sub. Code: 4883

FIRST YEAR P.B.B.Sc (NURSING) EXAM

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 50 marks

(120 Min)

Answer ALL questions in the same order.

I. Elaborate on:

(1x20=20)

1. a) Discuss the methods of assessing the nutritional status of a community.
- b) Write the importance of nutrition during old age.

II. Write notes on:

(4x5=20)

1. Most heat methods of cooking.
2. Diet for peptic ulcer.
3. Feeding of premature infant.
4. Dietary modification for obesity.

III. Short Answers on:

(5x2=10)

1. Define Diet therapy.
2. List four foods to be included and avoided for cardio vascular diseases.
3. List four supplementary foods to be given for an infant.
4. Substitute for non-vegetarian foods.
5. List four signs and symptoms of Kwasiorkor.

[LC823]

FEBRUARY 2013

Sub. Code: 4883

POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE

EXAMINATION

First Year - Non Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

**Time : Two hours
(120 Min)**

Maximum : 50 marks

I. Elaborate on:

(1x20=20)

1. a. List the objectives of diet therapy
- b. List the predisposing factors of diabetes mellitus
- c. Explain the dietary modification for a patient suffering from diabetes mellitus
- d. Plan suitable menu for a lady clerk suffering diabetes mellitus

II. Write Notes on:

(4x5=20)

1. Canning
2. Protein calorie malnutrition
3. Nutritional need for preschool children
4. Nutritional anemia

III. Short Answers on:

(5x2=10)

1. Define balanced diet
2. List four signs and symptoms of vitamin A deficiency
3. List the foods to be included and avoided for nephritis
4. Energy and protein need for adolescent boy and girl
5. Objectives of school lunch program

[LD 823]

AUGUST 2013

Sub. Code: 4883

POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE

EXAMINATION

First Year - Non Semester

(For candidates admitted from 2004-2005 onwards)

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

**Time : Two hours
(120 Min)**

Maximum : 50 marks

I. Elaborate on:

(1x20=20)

- a. Define obesity and BMI.
- b. Causative factors for obesity
- c. Dietary modification
- d. Model menu for obesity.

II. Write Notes on:

(4x5=20)

1. Cooking
2. Atherosclerosis
3. Plan a menu for pregnant anaemic women
4. Food standard.

III. Short Answers on:

(5x2=10)

1. Define bland diet
2. Write four names of preservatives.
3. What is hind milk and foremilk?
4. Protein sparing action
5. List any two antioxidant vitamins.

[LE 823]

FEBRUARY 2014

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION**

First Year - Non Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

**Time : Two hours
(120 Min)**

Maximum : 35 marks

I. Elaborate on: **(1x15=15)**

1. a) Define balanced diet
- b) Write about the principles of planning menu
- c) Plan a model menu for a pregnant woman

II. Write Notes on: **(2x5=10)**

1. Write about any two methods of preservation
2. Explain the dietary modification for an obese patient suffering from diabetes mellitus.

III. Write Short Answers on: **(5x2=10)**

1. Write any two benefits given to beneficiaries under ICDS programme.
2. Liquid supplement foods
3. Pellagra
4. What are the guides available in planning balanced diet?
5. Kempner's rice-fruit sugar diet

[LF 823]

AUGUST 2014

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION
First Year - Non Semester
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code : 684883

Time: Two hours

Maximum : 35 marks

I. Elaborate on:

(1x15=15)

1. a) Define fever.
- b) Metabolic changes in fever
- c) General dietary considerations in fever.

II. Write Notes on:

(2x5=10)

1. Weaning.
2. Causes and dietary management of renal calculi.

III. Write Short Answers on:

(5x2=10)

1. Stewing.
2. List two foods rich in sodium
3. What is meant by protein sparing action?
4. Give two criteria for clear liquid diet
5. List any two symptoms of anaemia
