F. Y. P. B. B. SC. (NURSING) : SUMMER - 2018
SUBJECT : NUTRITION & DIETETICS

Day : Wednesday Date : 02/05/2018
Time : 10.00 AM TO 11.30 AM
S-2018-3897 Max. Marks : 05

N.B.
1) All questions are COMPULSORY.
2) Put a tick mark in the appropriate box.
3) Use blue/black ball point pen. only.
4) Section – I should be completed in 05 minute.
5) Each question carries 1 marks.
6) Students will not be allotted any marks if he/she overwrites strikes or puts ink on the box once marked.

Seat No._____________ Marks Obtained _____________
Signature of Junior Supervisor_____________ Signature of Examiner _____________

SECTION – I

Q.1 Choose appropriate answer from the option given below: (05)

1) Which of the following is not the household method of food preservation and storage?
   a) ☐ Cold storage (refrigerators)
   b) ☐ Salting and pickling
   c) ☐ Irradiation
   d) ☐ Smoking
   https://www.freshersnow.com/previous-year-question-papers/

2) Which of the following is not included in naturopathy
   a) ☐ Physiotherapy
   b) ☐ Use of antibiotics
   c) ☐ Use of herbal medicines
   d) ☐ Homoeopathy

3) Protein energy malnutrition (PEM) is detected by
   a) ☐ Weight for age %
   b) ☐ Weight /Height %
   c) ☐ Height/Age%
   d) ☐ All of the above

P.T.O.
4) Mid day meal programme was initiated in the year
   a) 1962 – 63
   b) 1967 – 68
   c) 1972 – 73
   d) 1977 – 78

5) During her total pregnancy period, a pregnant women gains her weight from
   a) 5 – 8 kg
   b) 7 – 10 kg
   c) 9 – 12 kg
   d) 11 – 14 kg

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SECTION – II

Q.2 Write short notes on ANY THREE of the following: (15)

   a) Functions of Iron
   b) Differentiate between Marasmus and Kwashiorkor
   c) Mid day meal programme
   d) Weaning diet
   e) Diet during Lactation

SECTION – III

Q.3 Write any ONE of the following questions:

   a) Write three functions of carbohydrate, proteins and fat. (07)
   b) What are the various methods of nutritional assessment? (08)

   OR

   a) Dietary management in chronic renal failure. (07)
   b) Write the nutritional needs of the pregnant women with the menu plan. (08)
N.B.: 
1) All questions are COMPULSORY.
2) Put a tick ☑️ mark in the appropriate box.
3) Use BLUE/ BLACK ballpoint pen, only.
4) Section I should be completed in 10 minutes.
5) Each question carries 1 mark.
6) Students will not be allotted any marks if he/she overwrites, strikes or puts ink on the box once marked.

SECTION A

Q. 1. Choose appropriate answer from the option given below: (05)

1. Excess amino acids is converted into
   a) Glucose ☐
   b) Urea ☐
   c) Uric acid ☐
   d) All of the above ☐

2. One of the following is incorrect in the list of food recommended for cardiovascular diseases.
   a) Whole grain cereals and pulses ☐
   b) All vegetable and all fruits high fibre ☐
   c) Whole milk, butter, cheese, cream ☐
   d) Meat, egg white and fish ☐

3. The water content of plasma is
   a) 77% ☐
   b) 82% ☐
   c) 87% ☐
   d) 92% ☐
4. The richest sources of Iodine is
   a) Green leafy vegetables
   b) Meat
   c) Sea foods
   d) Milk

5. _______ is a diet which contains all nutrients in correct proportion.
   a) Balanced
   b) Healthy
   c) Nutritious
   d) None
SECTION-B

Q.2 Write short notes on ANY THREE of the following: (15)
   a) Fat soluble vitamins
   b) Carbohydrate metabolism
   c) High protein diet
   d) Methods of food preservation
   e) Food hygiene

SECTION-C

Q.3 a) Define therapeutic diet and explain the purpose and types of therapeutic nutrition. (07)
   b) Explain the dietary management to a patient with chronic renal failure who is on regular hemodialysis. (08)

OR

a) Dietary management for pre operative and post operative patient. (08)
   b) Dietary management of patient with fever. (07)
Q.1  M.C.Qs:
1) For growth and repair of our body we require _________.
   a) Fats
   b) Proteins
   c) Carbohydrate
   d) Vitamins

2) 1 teaspoon of sugar will give ______ kcal.
   a) 40 kcal
   b) 35 kcal
   c) 30 kcal
   d) 20 kcal

3) Green leafy vegetables are rich in _________.
   a) Protein
   b) Carbohydrate
   c) Fibre
   d) Fats

4) The richest source of Iodine is _________.
   a) Green leafy vegetables
   b) Sea foods
   c) Meat
   d) Milk

5) Fatty acids which are liquid at room temperature is _________.
   a) Unsaturated fatty acids
   b) Polyunsaturated fatty acids
   c) Saturated fatty acids
   d) Essential fatty acids

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RAJMACH – I: APRIL / MAY – 2012
SUBJECT: NUTRITION & DIETETICS

Day: Saturday
Date: 28-04-2012

N.B.: 1) All questions are COMPULSORY.
2) Figures to the right indicate FULL marks.
3) Draw diagrams WHEREVER necessary.
4) Answers to both the sections should be written in the SEPARATE answer books.

SECTION – II

Q.2 Write short notes on ANY THREE of the following: [15]
   a) Mid Day Meal Programme
   b) Nutrition during Pregnancy
   c) Digestion of food in Mouth
   d) Community Nutrition Programme
   e) Methods of Food Preservation

SECTION – III

Q.3 Answer ANY ONE of the following:

   You are posted as Public Health Nurse at a PHC. You have been instructed to plan a nutritional assessment programme for pre-school children.

   a) Enlist different assessment methods. [08]

   b) Explain dietary management at home for protein energy malnutrition. [07]

   OR

   a) What are the factors affecting menu planning? [07]

   b) What steps do you follow while preparing infant food? [08]