

[Total No. of Pages : 1

61302

First Post Basic B.Sc. Nursing Examination, (Phase - II) Summer - 2022

NUTRITION AND DIETETICS

Total Duration : 2 Hours

Total Marks : 35

- Instructions :**
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 - 3) **All questions are compulsory.**
 - 4) The number to the **right** indicates **full** marks.
 - 5) Draw diagrams **wherever** necessary.
 - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
 - 7) Use a common answer book for all sections.

Section - A (25 Marks)

1. Short Answer Questions (Solve any 5 Out of 6) : [5 × 5 = 25]
- a) Psychological aspects of infant feeding.
 - b) Integrated child development services program. ~~Diseas~~
 - c) Plan therapeutic diet for pregnant anaemic women.
 - d) Explain nutritional requirements of Geriatric patient.
 - e) Routine Hospital diets.
 - f) Weaning.

Section - B (10 Marks)

2. Long Answer Questions (Solve any 1 Out of 2) : [1 × 10 = 10]
- a) How will you plan and conduct nutrition education program in village with related to vitamin A deficiency disorders.
 - b) Define Preservation. Explain methods of food preservation. Explain importance of Food Hygiene.



First P.B.B.SC. (Nursing) Examination, (Phase - III) Winter - 2021
NUTRITION AND DIETETICS

Total Duration : 2 Hours

Total Marks : 35

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 - 7) Use a common answer book for all sections.

SECTION "A" (25 Marks)

1. Short answer question (any five out of six) : [5 × 5 = 25]
- a) Explain Food hygiene.
 - b) Principals of supplementary feeding
 - c) Explain Recommended Dietary Allowances OF Lactating mother
 - d) Discuss community nutrition program
 - e) Dietary management in peptic ulcer.
 - f) Methods of assessing nutritional status of preschooler.

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SECTION "B" (10 Marks)

2. Long answer question (any one out of two) : [1 × 10 = 10]
- a) Define therapeutic diet and Discuss dietary management of 11 years child having diabetic mellitus
 - b) Explain Nutritional needs of adolescent girl and discuss factors to be considered while planning diet for adolescent girls.



First P.B.B.Sc. Nursing Examination, Summer - 2021

NUTRITION AND DIETETICS

Total Duration : Section A+B = 2 Hours

Total Marks : 35

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 - 7) Use a common answer book for all Sections.

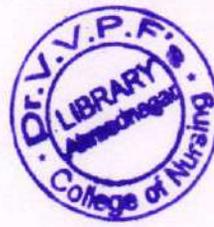
SECTION "A" (25 Marks)

1. Short answer question (**any five** out of six) : [5 × 5 = 25]
- a) Mid day meal program.
 - b) Diet in Tuberculosis.
 - c) Discuss Food Hygiene.
 - d) Digestion and absorption of protein.
 - e) Write food groups and its main function.
 - f) Obesity and its dietary management.

SECTION "B" (10 Marks)

2. Long answer question (any one out of two) : [1 × 10 = 10]
- a) List Fat soluble and water soluble vitamin. Write the sources of vitamin A.
 - b) Define balanced diet. Explain the effects of cooking heat processing on the nutritive value of Foods.





First P.B. B.Sc. Nursing Examination, Winter - 2020
NUTRITION AND DIETETICS

Total Duration : Section A+B = 2 Hours

Total Marks : 35

SECTION - A & SECTION - B

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 - 7) Use a common answerbook for **all** sections.

SECTION - A (25 Marks)

1. Short answer question (any five out of six) : [5 × 5 = 25]
- a) Enlist the principles of nutrition and dietetics
 - b) Methods of food preservation
 - c) Dietary therapy during post operative stage
 - d) Needs of community nutrition programme
 - e) Methods of supplementary feeding of infant
 - f) Effects of weaning on mother and child



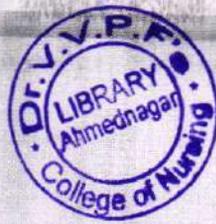
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SECTION - B (10 Marks)

2. Long answer question (any one out of two) : [1 × 10 = 10]

- a) Identify nutritional needs and plan a diet of antenatal mother.
- b) Enlist national nutritional programmes and discuss any one in detail.





**First P.B.B.Sc. Nursing Examination, Summer
(Phase - III : All Other Remaining UG/PG Courses) - 2020
NUTRITION AND DIETETICS**

Total Duration : 2 Hours

Total Marks : 35

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 - 7) Use a common answer book for all sections.

SECTION - A (25 Marks)

1. Short answer question (**any five** out of six) : [5 × 5 = 25]
- a) Balanced diet.
 - b) Nutritional problems of scholars and its managements.
 - c) Principles of cooking.
 - d) Vit. A deficiency and its prevention in children.
 - e) Discuss Fat soluble vitamins sources and functions.
 - f) Therapeutic diet in diabetic mellitus.

SECTION - B (10 Marks)

2. Long answer question (**any one** out of two) : [1 × 10 = 10]
- a) List the national nutritional programmes and dicuss any one in detail.
 - b) Discuss the effect of under nutrition on antenatal mother and plan balance diet for pregnant mother using food exchanges.

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First P.B. B.Sc. Nursing Examination, Summer
(Phase - III : All Other Remaining UG/PG Courses) - 2020
BIOCHEMISTRY AND BIOPHYSICS

Total Duration : 3 Hours

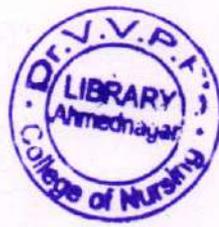
Total Marks : 75

- Instructions :**
- 1) Use **blue/black** ball point pen only.
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 - 7) Use a common answer book for all sections.

SECTION - A (45 Marks)

Biochemistry

1. Short answer questions (any five out of six): [5 × 5 = 25]
- a) List down the Biologically important peptides.
 - b) Define and classify lipoprotein and state their functions.
 - c) Regulation of blood glucose level.
 - d) Diagnostic importance of enzymes.
 - e) Explain Water distribution and its balance in the body.
 - f) Define BMR and factors affecting BMR.



**First P.B.B.Sc. NURSING Examination, Winter (Phase - III All Other
Remaining UG/PG Course) - 2019
NUTRITION AND DIETETICS**

Total Duration : Section A + B = 2 Hours

Total Marks : 35

SECTION - A & SECTION - B

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 - 7) Use a common answerbook for all sections.

SECTION - "A" (25 Marks)

1. Short answer question (any five out of six): [5 × 5 = 25]
- a) Define Balanced Diet. Explain any four factors you should consider while planning a balanced diet for a family.
 - b) What is "Weaning"? Explain the advantages of supplementary feeding of infants and the methods of introducing the supplementary feed.
 - c) Explain the factors to be considered for planning a diet for a preschool child.
 - d) Name any two micro nutrients. Name any two rich food sources and any one function of each of the two micro nutrients you have named.
 - e) What is constipation? What factors must be considered for planning a diet for a patient with constipation?
 - f) List the various types of Hospital diets. Give any one example for each type of diet.



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SECTION - "B" (10 Marks)

2. Long answer question (any one out of two): [1 × 10 = 10]
- a) Explain any five methods of assessing the nutritional status of a community.
 - b) Explain any five methods you would choose for nutrition related education to the community.

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[Total No. of Pages : 1



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First P.B.B.Sc Nursing Examination, Summer (Phase - II) 2019
NUTRITION AND DIETETICS

Total Duration : 2 Hours

Total Marks : 35

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 - 7) Use a common answer book for all sections.

SECTION - A (25 Marks)

1. Short answer question (**any five** out of six) : [5 × 5 = 25]
- a) Describe the nutrients required for wound healing.
 - b) Classification of food.
 - c) Nutritional needs during pregnancy.
 - d) Diabetic diet.
 - e) Methods of Food preservation.
 - f) Fat soluble vitamins.

SECTION - B (10 Marks)

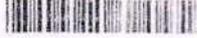
2. Long answer question (**any one** out of two) : [1 × 10 = 10]
- a) Integrated child development scheme.(I.C.D.S.)
 - b) Diet in pre and post laparotomy patient.

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First P.B.B.Sc. Nursing Examination, Winter 2018
NUTRITION AND DIETETICS

Total Duration : Section A + B = 2 Hours

Total Marks : 35

SECTION – A and SECTION – B

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 - 7) Use a common answerbook for **all** Sections.

SECTION – A (25 Marks)

1. Short answer question (any five out of six) : (5×5=25)
- a) Factors influencing Basal Metabolic Rate.
 - b) List and explain the methods of preservation of foods.
 - c) Discuss diet for toddler planning and preparation.
 - d) Explain the advantages and principles of weaning.
 - e) Discuss the nutritional requirements of an adolescent.
 - f) Plan therapeutic diet for a adult with gastroenteritis.

SECTION – B (10 Marks)

2. Long answer question (any one out of two) : (1×10=10)
- a) Discuss the need for community nutrition programme, prepare a menu plan for elderly client suffering from hypertension.
 - b) Define malnutrition. Enumerate the nutritional deficiency disorders and discuss the factors to be considered in planning diet for a overweight schooler.



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First P.B. B.Sc. Nursing Examination, Summer 2018
NUTRITION AND DIETETICS

Total Duration : Section A + B = 2 Hours

Total Marks : 35

SECTION – A & SECTION – B

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SECTION – A (25 Marks)

1. Short answer question (**any five** out of six) : **(5×5=25)**
- a) Weaning.
 - b) Diet for a person suffering with fever.
 - c) Marasmus.
 - d) Routine hospital diet.
 - e) Integrated Child Development Scheme.(ICDS)
 - f) Classification of Foods.

SECTION – B (10 Marks)

2. Long answer question (**any one** out of two) : **(1×10=10)**
- a) Discuss therapeutic diet for a patient with Hypertension.
 - b) Assessment of nutritional status of individual.



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**First P.B. B.Sc. Nursing Examination, Winter 2017
NUTRITION AND DIETETICS**

Total Duration : Section A + B = 2 Hours

Total Marks : 35

SECTION – A and SECTION – B

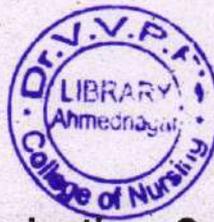
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 - 7) Use a common answerbook for **all** Sections.

SECTION – A (25 Marks)

1. Short answer question (**any five** out of six) : (5×5=25)
- a) Food adulteration and its effects.
 - b) Factors affecting food and nutrition.
 - c) Nutritional needs of adolescent.
 - d) Menu planning for lactating mother.
 - e) Goiter and its dietary management.
 - f) Diet for a child suffering with nephrotic syndrome.

SECTION – B (10 Marks)

2. Long answer question (**any one** out of two) : (1×10=10)
- a) Nutritional Programs.
 - b) 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.



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**First P.B.B.Sc. Nursing Examination, Summer 2017
NUTRITION AND DIETETICS**

Total Duration : Section A + B = 2 Hours

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SECTION – A (25 Marks)

1. Short answer question (**any five** out of six) : **(5×5=25)**
- a) Describe food hygiene while preparing food.
 - b) Mention the principles of feeding the sick child.
 - c) Discuss nutritional needs of geriatric people.
 - d) Explain the need of nutrition education in community.
 - e) Methods of assessing nutritional status of a preschooler.
 - f) Diet therapy in peptic ulcer.

SECTION – B (10 Marks)

2. Long answer question (**any one** out of two) : **(1×10=10)**
- a) List National Nutritional Programmes and discuss any one in detail.
 - b) Discuss the dietary management of protein energy malnutrition. Plan suitable diet for Swaraj, 8 year old, suffering from marasmus.



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First P.B.B.Sc. Nursing Examination, Winter 2016
NUTRITION AND DIETETICS

Total Duration : Section A + B = 2 Hours

Total Marks : 35

SECTION – A & SECTION – B

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SECTION – A

(25 Marks)

1. Short answer question (**any five** out of six) : (5×5=25)
- a) Describe methods of cooking.
 - b) Define Balance diet and explain factors to be consider in planning balance diet.
 - c) Discuss food exchange system.
 - d) Discuss therapeutic diet for a patient with renal disorder.
 - e) Discuss weaning.
 - f) Explain recommended nutrient allowances for lactating mother.

SECTION – B

(10 Marks)

2. Long answer question (**any one** out of two) : (1×10=10)
- a) Explain nutritional problems in children and role of a nurse in preventing nutritional deficiency diseases.
 - b) Discuss effect of under nutrition on mother and explain causes, symptoms and prevention of anemia in pregnant women.

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**First P.B. B.Sc. Nursing Examination, Summer 2016
NUTRITION AND DIETETICS**

Total Duration : Section A+B = 2 Hours

Total Marks : 35

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SECTION "A" (25 Marks)

1. Short answer question (**any five** out of six) : (5x5=25)
 - a) Dietary requirement of a premature baby.
 - b) Food hygiene.
 - c) Methods of Food preservation.
 - d) Mid-Day Meal Program.
 - e) Nutritional needs during pregnancy.
 - f) Problems in feeding sick child.

SECTION "B" (10 Marks)

2. Long answer question (**any one** out of two) : (1x10=10)
 - a) List National Nutritional Programs and explain any one programme in detail.
 - b) Describe therapeutic diet for a patient with diabetes Mellitus.



61302

First P.B.B.Sc. Nursing, Winter 2015

Nutrition and Dietetics

Total Duration: Section A+B = 2 Hours

Total Marks : 35

Instructions:

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- 3) **All** questions are **compulsory**.
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- 7) Use a common answerbook for **all** sections.

Section "A" (25 Marks)

1. Short answer question (**any five** out of six) : **(5x5=25)**
- a) Factors to be considered in planning diet ✓
 - b) Cooking rules 3 ✓
 - c) Advantages of supplementary feeding of infant 3 ✓
 - d) Needs of nutrition education in community 3 ✓
 - e) Protein energy malnutrition 4 ✓
 - f) Routine hospital diets. 3

Section "B" (10 Marks)

2. Long answer question (**any one** out of two) : **(1x10=10)**
- a) Discuss the methods and advantages of assessing nutritional status of community. ✓
 - b) Define therapeutic diet. Discuss the dietary management of a client with cardiovascular disease. ✓



61302

First P.B.B.Sc. Nursing Examination, Summer 2015
NUTRITION AND DIETETICS

Total Duration : Section A + B = 2 Hours

Total Marks : 35

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 - 7) Use a common answer book for **all** Sections.

SECTION – A

(25 Marks)

1. Short answer question (**any five** out of six) : **(5x5=25)**
- a) Principles and reasons for cooking.
 - b) Food pyramids with diagram.
 - c) Control of Iodine deficiency disorders.
 - d) Function and sources of Calcium.
 - e) National Nutritional programs in India.
 - f) Importance of fiber in diet.

SECTION – B

(10 Marks)

2. Long answer question (**any one** out of two) : **1x10=10**
- a) Explain the functions of Iron, list dietary requirements for adult, pregnant and lactating woman. Describe the most common consequences of Iron deficiency.
 - b) What is malnutrition ? List the causes of malnutrition. Explain how mid day meal programme and ICDS, helps to prevent the malnutrition among children.



61332

First P.B.B.SC. NURSING, Winter 2014

Nutrition and Dietetics

Total Duration: Section A+B = 2 Hours

Total Marks : 35

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- 7) Use a common answer book for all section.

Section "A" (25 Marks)

1. Short answer question (any five out of six) : (5x5=25)
- a) Protein energy malnutrition.
 - b) Classification of nutrients with examples.
 - c) Weaning.
 - d) Types of hospital diet.
 - e) Role of nurse in nutrition education.
 - f) Treatment and prevention of Vitamin A deficiency.

Section "B" (10 Marks)

2. Long answer question (any one out of two) : (1x10=10)
- a) Define therapeutic diet and discuss the dietary management of a patient with diabetes mellitus.
 - b) Define nutrition and discuss various low cost nutritious dishes as per vulnerable group.



61302

First P.B.B.Sc. Nursing Examination, Summer 2013
NUTRITION AND DIETETICS

Total Duration: Section A + B + C = 2 Hours

Section B & C Marks: 28

SECTION – B & SECTION – C

- Instructions:**
- 1) **All questions are compulsory.**
 - 2) **The number to the right indicates full marks.**
 - 3) **Draw diagrams wherever necessary.**
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SECTION – B

2. Answer the following (any four out of five) : (4×4=16)
- a) Sources of protein
 - b) Functions of water
 - c) Methods of food preservation
 - d) Egg flip
 - e) Diet in renal failure.

SECTION – C

3. a) i) Discuss the concept of balanced diet. 5
- ii) Discuss the different types of diets used in hospital for various disease conditions. 7
- OR
- b) Discuss the concept and importance of Kitchen gardening. 5
- c) Discuss the role of nurse in preventing protein energy malnutrition problem in community. 7
-



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First P.B. B.Sc. Nursing Examination, Summer 2012
NUTRITION AND DIETETICS

Total Duration: Section A + B + C = 2 Hours

Section B & C Marks: 28

SECTION – B & SECTION – C

- Instructions:** 1) *All questions are compulsory.*
2) *The number to the right indicates full marks.*
3) *Draw diagrams wherever necessary.*
4) *Do not write anything on the blank portion of question paper. If written anything, such type of act will be considered as an attempt to resort to unfair means.*

SECTION – B

2. Answer the following (any four out of five) : (4×4= 16)
- a) Digestion and absorption of carbohydrates.
 - b) Nutritional requirement during pregnancy.
 - c) Differentiate between marasmus and Kwashiorkor.
 - d) Therapeutic diets.
 - e) Functions of lipids.

SECTION – C

3. a) i) Principles to be followed during menu planning. (4×1= 4)
ii) Points to be remembered while planning diet for patient with cirrhosis of liver and write one day menu planning for him. (1×8= 8)
Total =12

OR

- b) i) List the advantages of breast feeding. (4×1= 4)
ii) List community nutrition programme and explain 2 programmes in detail. (1×8= 8)
Total = 12



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**First P.B. B.Sc. Nursing Examination, May/June 2011
NUTRITION AND DIETETICS**

Total Duration: Section A + B + C = 2 Hours

Section B & C Marks: 28

SECTION – B & SECTION – C

- Instructions:*
- 1) All questions are compulsory.
 - 2) The number to the right indicates full marks.
 - 3) Draw diagrams wherever necessary.
 - 4) Do not write anything on the blank portion of the question paper. If written anything, such type of act will be considered as an attempt to resort to unfair means.



SECTION – B

(16 Marks)

(SAQ)

2. Answer the following (any four out of five):

(4×4=16)

- a) Points to be remembered during planning diet for infant.
- b) Preventive measures to be used for the prevention of protein energy malnutrition.
- c) Methods of preservation of food.
- d) Diet in renal disorder.
- e) Diet in Hypertension.

SECTION – C

(12 Marks)

(LAQ)

3. a) i) Define community nutrition programme and write down its objectives. **(1×4=4)**
- ii) List down the community nutrition programmes and write down role of nurse in implementing the programmes. **(1×8=8)**

12

OR

- b) i) Define Herpetic diet and write down the principles of Dietetics. **(1×4=4)**
- ii) Write in detail diet management for a Geriatric patient. **(1×8=8)**

12