

[LD 0212]

AUGUST 2013

Sub. Code: 1803

**DIPLOMA IN NURSING AIDE
FIRST YEAR
PAPER III – NUTRITION AND BIOCHEMISTRY**

Q.P. Code : 841803

Time : Three hours

Maximum : 100 marks

Answer All questions

I. Elaborate on:

(3 X 10=30)

1. Different Methods of Cooking.
2. Role of Nutrition in Health.
3. Food group system

II. Write Short notes on:

(10 X 5=50)

1. Classification of food groups based on their function.
2. Iron rich dietary sources.
3. Essential Fatty Acids
4. Low cost menu.
5. Advantages of Breast feeding
6. Balanced diet.
7. Food hygiene.
8. Principle of menu planning.
9. Liquid diet.
10. Food pyramid.

III. Short Answers on:

(10 X 2=20)

1. Define Nutrition.
2. Name any four food sources of vitamin A.
3. List out any two benefits of boiled vegetables.
4. Write any two consequences of western diet.
5. Write caloric value of 1 gm of carbohydrate.
6. How much energy is recommended for lactating women?
7. Mention any two laws related to food.
8. Write any two benefits of fruit salad.
9. What is beriberi?
10. Classify the units of nutrients.
