

**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. Explain the concept of community nutrition, prepare a low cost menu for the rural family consists of two adults and two under five children (age 3 and 5 years).
2. Define balanced diet.
Write in detail the nutritional needs of old age people
3. Define adulteration. Mention the food hygiene and laws related to food

II. Write Short notes on:

(10 X 5=50)

1. Write the substitutes for non – vegetarian food.
2. Mention the sources of fat food and its deficiency diseases.
3. Discuss about the opportunities for teaching diet therapy.
4. Mention the methods of preserving and storing of food.
5. Write the methods of nutritional education.
6. Write the preparation and storage of food.
7. Write the methods of improving all balanced diet.
8. Mention the factors affecting selection and planning of meals.
9. Mention the vitamin-A deficiency diseases and the sources of vitamin-A rich food item.
10. Mention the cultural factors in acceptance of diet by the patients.

III. Short Answers on:

(10 X 2=20)

1. Mention the house hold method of preservation of food.
2. Mention the deficiency diseases and symptoms caused by vitamin-B.
3. Mention the classification of food by origin. Give example.
4. Define calorie.
5. What are the benefits of cooking?
6. Mention the commercial methods of food preservation.
7. Write the main purposes of food additives.
8. Mention the milk borne diseases.
9. Write the purposes of five food group system.
10. Write the sources of vitamin-C rich food.
