

**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. Write any three minerals, their sources and their deficiency manifestations.
2. Write in detail about Protein energy Malnutrition.
3. Explain in detail about various methods on preparation of food and effects on food constituents.

II. Write notes on:

(10 x 5 = 50)

1. Nutritional requirements of old people.
2. Explain why steamed foods and green leafy vegetables are good for health?
3. Advantages and disadvantages of beverages.
4. Factors affecting the selection and planning of meals.
5. Prescribe a diet for diabetic male weighing 60 kg.
6. Compare benefits of breast feeding over artificial feeds.
7. Food adulterants.
8. Food pyramid.
9. Components and preparation of oral rehydration fluid.
10. Various methods of communication used in community nutrition.

III. Short Answers on:

(10 x 2 = 20)

1. Define Bland diet.
2. Our health problems of Vitamin A.
3. Sources of sodium.
4. Deficiency manifestations of thiamine.
5. Four functions of carbohydrate.
6. Two sources of calcium rich food.
7. What is the caloric value of 1gm of protein?
8. Nutritive values of nuts and oilseeds.
9. Importance of nutritional education.
10. Define polysaccharides with 2 examples.
