

APRIL - 2001

[KD 847]

Sub. Code : 4861

B.Sc. (Nursing) DEGREE EXAMINATION.

First Year

(For Trained Nurses)

(Modified Regulations)

Paper II — NUTRITION AND DIETETICS

Time : Three hours

Maximum : 75 marks

Two and a half hours

Sec. A & Sec. B : 55 marks

for Sec. A & Sec. B

Section C : 20 marks

Answer Sections A and B in the same Answer Book.

Answer Section C in the Answer Sheet provided.

SECTION A — (2 × 15 = 30 marks)

1. (a) Differentiate between duodenal ulcer and gastric ulcer. Describe the recent concepts in dietary treatment of peptic ulcer. Plan a day's diet for an executive suffering from peptic ulcer. (2 + 7 + 6)

Or

(b) State the principles involved in planning diets for patients suffering from

(i) infective hepatitis

(ii) cirrhosis of the liver

Give a day's diet for a patient with infective hepatitis. (8 + 7)

2. How are vitamins classified? Write briefly on the importance of Ascorbic acid in human nutrition with special reference to its (i) functions (ii) deficiency (iii) sources (iv) daily requirements for all age groups. (15)

SECTION B — (5 × 5 = 25 marks)

3. Write short notes on any FIVE :

(a) Therapeutic diets.

(b) Nutritional needs during adolescence.

(c) Total energy requirement.

(d) Digestion and absorption of fats.

(e) Feeding programmes.

(f) Nutrients.

(g) Factors affecting the Basal metabolic rate.

NOVEMBER - 2001

[KE 847]

Sub. Code : 4861

B.Sc. (Nursing) DEGREE EXAMINATION.

First Year

(For Trained Nurses)

(Modified Regulations)

Paper II — NUTRITION AND DIETETICS

Time : Three hours

Maximum : 75 marks

Two and a half hours

Sec. A & Sec. B : 55 marks

for Sec. A & Sec. B

Section C : 20 marks

Answer Sections A and B in the Same Answer Book.

Answer Section C in the Answer Sheet provided.

SECTION A — (2 × 15 = 30 marks)

1. (a) Discuss the etiology and symptoms of peptic ulcer. Plan a day's diet for an anemic woman suffering from peptic ulcer. (8 + 7)

O₁

(b) What guidelines would you follow while planning a diet for an atherosclerotic patient? Plan a balanced diet for an adult man with atherosclerosis. (5 + 10)

2. How are lactagogues important? Discuss the physiological changes during lactation and the importance of breast feeding (2 + 8 + 5)

SECTION B — (5 × 5 = 25 marks)

3. Write short notes on any FIVE

- (a) Nutritional anemia.
- (b) Freezing of foods.
- (c) Night blindness.
- (d) Tube feeding.
- (e) Renal calculi.
- (f) Marasmus.
- (g) Fluorosis.

FEBRUARY - 2005

[KM 847]

Sub. Code : 4861

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year

(Modified Regulations)

Paper II — NUTRITION AND DIETETICS

Time : Three hours

Maximum : 75 marks

Sec. A & B : Two hours and

Sec. A & B : 60 marks

forty five minutes

Section C : Fifteen minutes

Section C : 15 marks

Answer Sections A and B in the SAME Answer Book.

Answer Section C in the answer sheet provided.

SECTION A — (2 × 15 = 30 marks)

1. What is ischaemic heart disease? List the predisposing factors for ischaemic heart disease. Plan a day's menu for a patient suffering from congestive cardiac failure. (2+7+6)

2. Define vitamins. List all the fat soluble vitamins. Explain their role, requirements and sources. (2+2+11)

SECTION B — (6 × 5 = 30 marks)

3. Write short notes on any SIX :

- (a) Digestion and absorption of carbohydrates.
- (b) Importance of nutrition during infancy.
- (c) Food preservation.
- (d) Diet in peptic ulcer.
- (e) Goitre.
- (f) Menu plan for a lactating mother.
- (g) Hepatitis.
- (h) Anthropometric measurements.

AUGUST - 2005

[KN 823]

Sub. Code : 4883

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year — Non-Semester

Paper II — NUTRITION AND DIETETICS

Time : Two hours

Maximum : 35 marks

**Sec. A & B : One hour and
fifty minutes**

Sec. A & B : 25 marks

Sec. C : Ten minutes

Sec. C : 10 marks

Answer Sections A and B in the SAME Answer Book.

Answer Section C in the Answer Sheet provided.

SECTION A — (1× 15 = 15 marks)

Answer the following essay question.

1. List the predisposing factors of diabetes mellitus and discuss the dietary modifications required for a person suffering from diabetes mellitus. Plan a suitable menu for a clerk suffering from Diabetes Mellitus.

SECTION B — (2 × 5 = 10 marks)

- 2. Write short notes on any TWO of the following.**
- (a) Methods of assessing the nutritional status.**
 - (b) Diet in pre and post operative stage.**
 - (c) I.C.D.S.**
-

[KO 823]

Sub. Code : 4883

SECTION B — (2 × 5 = 10 marks)

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year — Non – Semester

Paper II — NUTRITION AND DIETETICS

Time : Two hours

Maximum : 35 marks

**Sec. A & B : One hour and
fifty minutes**

Sec. A & B : 25 marks

Sec. C : Ten minutes

Sec. C : 10 marks

Answer Sections A and B in the SAME Answer book.

Answer Section C in the Answer Sheet provided.

SECTION A — (1 × 15 = 15 marks)

1. 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.

2. Write short notes on any TWO of the following.

- (a) Diet for nephritis.
- (b) Feeding of premature infant
- (c) Nutrition during lactation.

August-2006

[KP 823]

Sub. Code : 4883

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year — Non-Semester

Paper II — NUTRITION AND DIETETICS

Time : Two hours

Maximum : 35 marks

Descriptive : One hour and
fifty minutes

Descriptive : 25 marks

Objective : Ten minutes

Objective : 10 marks

1. ONE Essay type question : (15)

Define the term malnutrition. List any five ecological factors that cause malnutrition.

2. Write short notes on any TWO : (2 × 5 =10)

(a) Role of iodine in nutrition

(b) Diet Therapy.

(c) Allergy.

FEBRUARY 2008

[KS 823]

Sub. Code : 4883

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year — Non-Semester

Paper II — NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

**Descriptive : One hour and
fifty minutes**

Descriptive : 25 marks

Objective : Ten minutes

Objective : 10 marks

Answer ALL questions.

I. Essay : (15)

(1) Define diabetes mellitus. Give its signs and symptoms. What are the principles involved in planning a diet for NIDDM. Plan a sample menu.

II. Write short notes on the following : (2 × 5 = 10)

(a) Nutritional requirement for premature baby

(b) Need for community nutrition.

August-2008

[KT 823]

Sub. Code : 4883

B.Sc. (Nursing) DEGREE EXAMINATION.

(For Trained Nurses)

First Year — Non-Semester

Paper II — NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer ALL questions.

I. Essay : (1 × 15 = 15)

1. Define Protein calorie Malnutrition. Discuss the causes, clinical symptoms, dietary management and steps involved in the eradication of protein calorie malnutrition. (15)

II. Write short notes on : (2 × 5 = 10)

1. Dietary modifications for a diabetic patient.

2. Nutritional care of pregnant woman.

III. Short answers questions : (5 × 2 = 10)

1. List four types of fungal contamination of food.

2. Give four examples for clear fluids.

3. Write four advantages of cooking.

4. Name the four methods of food preservation.

5. List two important nutrients required for wound healing.

February 2009

[KU 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

(For Trained Nurses)

First Year

Non-Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1 x 15 = 15)

1. Define balanced diet. Discuss the importance of balanced diet during pregnancy. Plan a well balanced diet for a pregnant mother.

II. Write Short Notes on :

(2 x 5 = 10)

1. Classification of foods.
2. Functions of vitamin C.

III. Short Answers Questions:

(5 x 2 = 10)

1. List four fibre rich foods.
2. List four conditions requiring salt restriction.
3. List four signs and symptoms of kwashiorkor.
4. List four essential amino acids.
5. Name four foods which cause atherosclerosis.

August 2009

[KV 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

(For Trained Nurses)

First Year

Non-Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1 x 15 = 15)

1. List down and explain the factors causing diabetes mellitus.
Discuss the dietary modifications adopted in treating an obese diabetic patient. Plan a model menu.

II. Write Short Notes on :

(2 x 5 = 10)

1. Nutritional requirements of a pregnant woman.
2. Food preservation.

III. Short Answers Questions:

(5 x 2 = 10)

1. List the characteristics of balanced diet.
2. Name the four important sources of proteins.
3. List four bacterial contaminations of foods.
4. Write four signs and symptoms of pellagra.
5. Name four foods rich in Iron.

February 2010

[KW 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

(For Trained Nurses)

First Year

Non-Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1 x 15 = 15)

1. Discuss the principles followed in planning a diet for chronic renal failure. Give a model menu for a patient undergoing dialysis.

II. Write Short Notes on :

(2 x 5 = 10)

1. Importance of weaning in infant feeding practices.
2. Iodine deficiency disorders - Prevention.

III. Short Answers Questions:

(5 x 2 = 10)

1. List any four methods of preparation of food.
2. Name any four supplementary foods for the baby.
3. Give two examples of Full Fluid diet.
4. List two foods rich in sodium.
5. What are essential amino acids?

[KX 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

**(For Trained Nurses)
First Year – Non – Semester**

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1X15=15)

1. a) List down National Nutritional programmes in India.
- b) Discuss in detail the applied Nutritional programmes.

II. Write Short Notes on :

(2X 5 = 10)

1. Fat soluble Vitamins.
2. Principles of Meal Planning.

III. Short Answers Questions:

(5X 2 = 10)

1. Pepsin.
2. Iron deficiency in childhood.
3. Sources of Vitamin “C”.
4. Preservation by “Caning”.
5. Incomplete Protein.

February 2011

[KY 823]

Sub. Code: 4883

B.Sc (Nursing) DEGREE EXAMINATION

**(For Trained Nurses)
First Year – Non – Semester**

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 35 marks

Answer All questions.

I. Essay:

(1X15=15)

1. a) Discuss the Dietary principles.
- b) Apply the Principles in preparing a diet for patient with Renal disorder.

II. Write Short Notes on :

(2X 5 = 10)

1. Supplementary feeding for Infants.
2. Substitutes for non-vegetarian food.

III. Short Answers Questions:

(5X 2 = 10)

1. Under Nutrition.
2. Tetany.
3. Chylomicrons.
4. Essential Amino Acids.
5. Equivalent food values.

August 2011

[KZ 823]

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION**

First Year - Non Semester

(For candidates admitted from 2004-2005 onwards)

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 50 marks

Answer All questions.

I. Essay:

(1X20=20)

1. a) List out direct methods accessing the nutritional status of an individual.
- b) What are the channels of nutrition education in the community?
- c) Name the international agencies promoting Nutrition education.

II. Write Short Notes on :

(4X 5 = 20)

1. Glycemic index.
2. What is meant by short bowel syndrome?
3. Vitamin A deficiency.
4. Food preservation.

III. Short Answers Questions:

(5X 2 = 10)

1. List four food sources of Vitamin C.
2. List four symptoms of Iron deficiency anaemia.
3. What is dark adaptation test?
4. Enumerate the methods of diet survey.
5. What are blood lipids?

February 2012

[LA 823]

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION**

First Year - Non Semester

(For candidates admitted from 2004-2005 onwards)

Paper II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two hours

Maximum: 35 marks

Answer ALL questions.

I. Elaborate on:

(1X15=15)

1. a) Define peptic ulcer. What are the etiological factors of peptic ulcer.
- b) Dietary management for a patient suffering from peptic ulcer.
- c) Plan a suitable menu for a patient suffering from peptic ulcer.

II. Write notes on :

(2X5=10)

1. Protein energy malnutrition.
2. Nutritional requirement of lactating woman.

III. Short Answers:

(5X2 = 10)

1. Define balanced diet.
2. Give four advantages of cooking.
3. Rickets.
4. Weaning.
5. List out any two principles of mid-day meal programme.

[LB 823]

AUGUST 2012

Sub. Code: 4883

FIRST YEAR P.B.B.Sc (NURSING) EXAM

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Two hours

Maximum : 50 marks

(120 Min)

Answer ALL questions in the same order.

I. Elaborate on:

(1x20=20)

1. a) Discuss the methods of assessing the nutritional status of a community.
- b) Write the importance of nutrition during old age.

II. Write notes on:

(4x5=20)

1. Most heat methods of cooking.
2. Diet for peptic ulcer.
3. Feeding of premature infant.
4. Dietary modification for obesity.

III. Short Answers on:

(5x2=10)

1. Define Diet therapy.
2. List four foods to be included and avoided for cardio vascular diseases.
3. List four supplementary foods to be given for an infant.
4. Substitute for non-vegetarian foods.
5. List four signs and symptoms of Kwasiorkor.

[LC823]

FEBRUARY 2013

Sub. Code: 4883

POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE

EXAMINATION

First Year - Non Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

**Time : Two hours
(120 Min)**

Maximum : 50 marks

I. Elaborate on:

(1x20=20)

1. a. List the objectives of diet therapy
- b. List the predisposing factors of diabetes mellitus
- c. Explain the dietary modification for a patient suffering from diabetes mellitus
- d. Plan suitable menu for a lady clerk suffering diabetes mellitus

II. Write Notes on:

(4x5=20)

1. Canning
2. Protein calorie malnutrition
3. Nutritional need for preschool children
4. Nutritional anemia

III. Short Answers on:

(5x2=10)

1. Define balanced diet
2. List four signs and symptoms of vitamin A deficiency
3. List the foods to be included and avoided for nephritis
4. Energy and protein need for adolescent boy and girl
5. Objectives of school lunch program

[LD 823]

AUGUST 2013

Sub. Code: 4883

POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE

EXAMINATION

First Year - Non Semester

(For candidates admitted from 2004-2005 onwards)

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

**Time : Two hours
(120 Min)**

Maximum : 50 marks

I. Elaborate on:

(1x20=20)

- a. Define obesity and BMI.
- b. Causative factors for obesity
- c. Dietary modification
- d. Model menu for obesity.

II. Write Notes on:

(4x5=20)

1. Cooking
2. Atherosclerosis
3. Plan a menu for pregnant anaemic women
4. Food standard.

III. Short Answers on:

(5x2=10)

1. Define bland diet
2. Write four names of preservatives.
3. What is hind milk and foremilk?
4. Protein sparing action
5. List any two antioxidant vitamins.

[LE 823]

FEBRUARY 2014

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION**

First Year - Non Semester

Paper II – NUTRITION AND DIETETICS

Q.P. Code : 684883

**Time : Two hours
(120 Min)**

Maximum : 35 marks

I. Elaborate on: (1x15=15)

1. a) Define balanced diet
- b) Write about the principles of planning menu
- c) Plan a model menu for a pregnant woman

II. Write Notes on: (2x5=10)

1. Write about any two methods of preservation
2. Explain the dietary modification for an obese patient suffering from diabetes mellitus.

III. Write Short Answers on: (5x2=10)

1. Write any two benefits given to beneficiaries under ICDS programme.
2. Liquid supplement foods
3. Pellagra
4. What are the guides available in planning balanced diet?
5. Kempner's rice-fruit sugar diet

[LF 823]

AUGUST 2014

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION
First Year - Non Semester
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code : 684883

Time: Two hours

Maximum : 35 marks

I. Elaborate on:

(1x15=15)

1. a) Define fever.
- b) Metabolic changes in fever
- c) General dietary considerations in fever.

II. Write Notes on:

(2x5=10)

1. Weaning.
2. Causes and dietary management of renal calculi.

III. Write Short Answers on:

(5x2=10)

1. Stewing.
2. List two foods rich in sodium
3. What is meant by protein sparing action?
4. Give two criteria for clear liquid diet
5. List any two symptoms of anaemia

[LG 823]

FEBRUARY 2015

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION
FIRST YEAR - NON SEMESTER
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code : 684883

Time: Two hours

Maximum: 35 marks

I. Elaborate on:

(1 x 15 = 15)

1. a) Write about the importance of assessing nutritional status in a Community.
- b) Write elaborately on various methods of assessing nutritional status in a community.
- c) List out the channels of nutrition education methods.

II. Write notes on:

(2 x 5 = 10)

1. Routine hospital diets
2. Food hygiene

III. Short answers on:

(5 x 2 = 10)

1. Write any two signs and symptoms of rickets
2. List four foods to be avoided in hypertension
3. Any four advantages of breast feeding
4. List four nutritional problems in India
5. Food exchange system

[LH 823]

AUGUST 2015

Sub. Code: 4883

POST BASIC BACHELOR OF SCIENCE IN NURSING

DEGREE EXAMINATION

FIRST YEAR – NON SEMESTER

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time : Three Hours

Maximum : 35 marks

Answer ALL questions

I. Elaborate on:

(1 x 15 = 15)

1. What are the causative factors leading to cirrhosis?

Discuss the dietary principles followed in treating a cirrhosis. Patient focusing on foods used in restricted quantities and foods that are completely avoided. Plan a model menu.

II. Write notes on:

(2 x 5 = 10)

1. Functions of Protein.

2. Steps involved in planning a balanced diet.

III. Short answers on:

(5 x 2 = 10)

1. Kwashiorkar.

2. Anthropometric measurement.

3. Disadvantages of Bottle feeding.

4. Advantages of cooking.

5. Essential Aminoacids.

[LI 823]

FEBRUARY 2016

Sub. Code: 4883

POST BASIC BACHELOR OF SCIENCE IN NURSING

DEGREE EXAMINATION

FIRST YEAR - NON SEMESTER

PAPER II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time : Three Hours

Maximum : 35 Marks

Answer ALL questions

I. Elaborate on:

(1 x 15 = 15)

1. a) Define Nutrition and Balanced Diet.
- b) Dietary modification for patients with Acute Renal Failure.
- c) Malnutrition – Causes, Signs and Dietary Modification.

II. Write notes on:

(2 x 5 = 10)

1. National Nutrition Policy.
2. Dietary fibre.

III. Short answers on:

(5 x 2 = 10)

1. List four conditions that require potassium restriction.
2. Define specific Dynamic Action.
3. Give example for supplementary foods to infants.
4. Post-operative diet.
5. Classification of protein based on quality with example.

[LJ 823]

AUGUST 2016

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION
FIRST YEAR - NON SEMESTER
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code : 684883

Time: Two hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. a) What is Atherosclerosis?
- b) Causes of Atherosclerosis.
- c) Write the dietary management and recommended allowances of nutrients.

II. Write notes on:

(2 x 5 = 10)

1. Integrated Child Development Services Programme (ICDS).
2. Prevention of Food adulteration Act (PFA).

III. Short answers on:

(5 x 2 = 10)

1. Keratomalacia.
2. Aims of Mid-day meal programme.
3. Define Kilocalorie.
4. Substitutes for non-vegetarian foods.
5. Functions of Sodium.

[LK 823]

FEBRUARY 2017

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING DEGREE
EXAMINATION
FIRST YEAR - NON SEMESTER
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code : 684883

Time: Two hours

Maximum: 35 Marks

I. Elaborate on: **(1 x 15 = 15)**

1. Explain the role of the nurse in relation to improve the nutrition of the community. List out the nutritional needs for any two special groups: infant, child, adolescent, pregnant woman, lactating mother and old people.

II. Write notes on: **(2 x 5 = 10)**

1. How can nutritional anaemia be prevented?
2. What are the functions of proteins in our body?

III. Short answers on: **(5 x 2 = 10)**

1. Define balanced diet.
2. Therapeutic diet.
3. What is weaning?
4. Deficiency of riboflavin.
5. Vitamin A prophylaxis programme.

[LL 823]

AUGUST 2017

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION
FIRST YEAR - NON SEMESTER
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code : 684883

Time: Two hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. a) Assessment of nutritional status in community.
- b) What are the channels of nutrition education?

II. Write notes on:

(2 x 5 = 10)

1. Protein energy malnutrition.
2. Dietary management for Diabetic mellitus.

III. Short answers on:

(5 x 2 = 10)

1. Define menu planning.
2. Dark adaptation test.
3. List out dry heat methods.
4. Colostrum.
5. Fluorosis.

[LM 823]

FEBRUARY 2018

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION
FIRST YEAR - NON SEMESTER
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code : 684883

Time: Two hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. a) Define Type I Diabetes Mellitus (DM).
- b) Causes, signs and symptoms of DM.
- c) Plan a model menu for 13 year girl suffering from Type I DM.

II. Write notes on:

(2 x 5 = 10)

1. Discuss lactose intolerance.
2. Nutrition education.

III. Short answers on:

(5 x 2 = 10)

1. List out foods containing omega fatty acid.
2. Give the daily allowance of protein for 18 years old girl.
3. Write any two purine rich diet.
4. What is simple protein?
5. Give an example of antioxidant vitamin.

[LN 823]

AUGUST 2018

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

FIRST YEAR - NON SEMESTER

PAPER II – NUTRITION AND DIETETICS

Q.P. Code : 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. a) What is food preservation?
- b) Principle and domestic methods of food preservation.

II. Write notes on:

(2 x 5 = 10)

1. Difference between breast milk and cow milk.
2. Current nutritional problems in India.

III. Short answers on:

(5 x 2 = 10)

1. Sources of ascorbic acid.
2. Beri-Beri.
3. List out EFA.
4. Lipoprotein.
5. Define BMR.

[LO 823]

FEBRUARY 2019

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

FIRST YEAR – NON SEMESTER

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. Discuss the etiology and symptoms of peptic ulcer, plan a day's diet for a malnourished woman suffering from peptic ulcer.

II. Write notes on:

(2 x 5 = 10)

1. Psychology of Infant feeding.
2. Relationship between nutrition and health.

III. Short answers on:

(5 x 2 = 10)

1. Food standard.
2. Pellagra.
3. Define bland diet.
4. Objectives of diet therapy.
5. Osteo-malacia.

[LP 823]

AUGUST 2019

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

FIRST YEAR – NON SEMESTER

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. a) Discuss in detail about the importance of Nutrition in Health.
- b) Define Dietetics and Explain the dietary management of Hypertension.

II. Write notes on:

(2 x 5 = 10)

1. Mention the functions of Macronutrients.
2. Discuss on various Deficiency diseases and its Prevention methods.

III. Short answers on:

(5 x 2 = 10)

1. Balanced diet.
2. Phrynoderma.
3. Weaning food.
4. Low cost protein rich foods.
5. Anaemia Prophylaxis Programme.

[LQ 823]

FEBRUARY 2020

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

FIRST YEAR – NON SEMESTER

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. Discuss the methods of assessing the nutritional status of community.

II. Write notes on:

(2 x 5 = 10)

1. Food standard.
2. Plan a menu for gout patient.

III. Short answers on:

(5 x 2 = 10)

1. Write the aims of noon meal programme.
2. Write any two food additives.
3. List any four saturated fats.
4. List out bone nutrients.
5. Write the sources of folic acid.

[PBBSN 0321]

MARCH 2021
(AUGUST 2020 SESSION)

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

FIRST YEAR – NON SEMESTER

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. Discuss the dietary management for Myocardial Infarction and plan a menu for the same.

II. Write notes on:

(2 x 5 = 10)

1. Food Adulteration.
2. Nutritional problems in India.

III. Short answers on:

(5 x 2 = 10)

1. List out food sources of Potassium.
2. Write four symptoms of Anemia.
3. What is refined food?
4. Write the importance of amylase rich food in infant?
5. Write two low sodium foods?

[PBBSCN 0921]

SEPTEMBER 2021
(FEBRUARY 2021 SESSION)

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

FIRST YEAR – NON SEMESTER

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. Define nutritional status. Discuss methods of nutritional assessment.

II. Write notes on:

(2 x 5 = 10)

1. Food additives.
2. Plan a menu for 50 year old male suffering from chronic kidney disease.

III. Short answers on:

(5 x 2 = 10)

1. Write four foods rich in Vitamin K.
2. Define empty calorie.
3. Write difference between water soluble and fat soluble vitamins.
4. What is trans fat?
5. What is bland diet?

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[PBBSCN 0322]

**MARCH 2022
(For August 2021 Session Examination)**

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

(Regulations for candidates admitted from 2010-2011 Session onwards)

FIRST YEAR (Regular)

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. Plan a menu for an anaemic pregnant women and explain the dietary modification in detail.

II. Write notes on:

(2 x 5 = 10)

1. Explain the factors to be consider while planning a menu for School Children.
2. Illustrate on processing of canning..

III. Short answers on:

(5 x 2 = 10)

1. Define protein sparing action.
2. List food included during Renal calculi.
3. Write 5 sources of Calcium.
4. Define Nutrition Education.
5. Colostrum.

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[PBBSCN 0722]

**JULY 2022
(FEBRUARY 2022 SESSION)**

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

(Regulations for candidates admitted from 2010-2011 Session onwards)

**FIRST YEAR
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on: **(1 x 15 = 15)**

1. Describe the importance of Nutrition Education. Explain the role of Nurse in Nutritional Education.

II. Write notes on: **(2 x 5 = 10)**

1. Define fat soluble vitamins and discuss the sources, functions and deficiency of Vitamin-D.
2. Describe the therapeutic diet for renal disorders.

III. Short answers on: **(5 x 2 = 10)**

1. Distinguish overweight and obesity.
2. Sources of Iron.
3. Iodine deficiency disorders.
4. Pasteurization of milk.
5. Exclusive breast feeding.

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[PBBSCN 1122]

**NOVEMBER 2022
(AUGUST 2022 EXAM SESSION)**

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

(Regulations for candidates admitted from 2010-2011 Session onwards)

**FIRST YEAR
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on: **(1 x 15 = 15)**

1. a) Types of Routine Hospital Diet.
- b) The role of ICDS in detail.

II. Write notes on: **(2 x 5 = 10)**

1. Explain the Nutritional requirement needed for the diabetic patients.
2. Discuss on different types of supplementary foods for infants.

III. Short answers on: **(5 x 2 = 10)**

1. Define Complex Carbohydrate.
2. Write any four functions of Folic acid.
3. List the sources of Antioxidant rich foods.
4. Define Boikost.
5. Write the principles of diet for CVD.

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[PBBSCN 0523]

**MAY 2023
(FEBRUARY 2023 EXAM SESSION)**

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

(Regulations for candidates admitted from 2010-2011 Session onwards)

FIRST YEAR

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. Explain about the importance of Diet Therapy and explain the Dietary modifications for patients suffering from Diabetes Mellitus.

II. Write notes on:

(2 x 5 = 10)

1. Explain in detail about Protein Calorie Malnutrition.
2. Give a detailed note on Nutritional needs for Pre-school Children

III. Short answers on:

(5 x 2 = 10)

1. List any four rich food sources of Vitamin A.
2. Give any four advantages of Breast feeding.
3. Write any four foods to be avoided in Peptic Ulcer.
4. Define Balanced diet.
5. What is Protein sparing action?

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[PBBSCN 1123]

**NOVEMBER 2023
(AUGUST 2023 EXAM SESSION)**

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

(Regulations for candidates admitted from 2010-2011 Session onwards)

**FIRST YEAR
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on: **(1 x 15 = 15)**

1. Discuss in detail about principles of Diet, Dietary modification and importance of Diet therapy for Chronic Renal Failure Patients.

II. Write notes on: **(2 x 5 = 10)**

1. Give a brief note on importance of Weaning and write any two Weaning food preparations.
2. Explain about importance and need of Nutritional support in Pregnancy and Lactation.

III. Short answers on: **(5 x 2 = 10)**

1. List down the foods to be included and avoided in Cirrhosis.
2. Give any four examples of Dietary Fibre.
3. Give any two objectives of Mid- day Meal programme.
4. Any four symptoms of Iron Deficiency Anaemia.
5. Give two examples for Clear Fluid Diet.

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[PBBSCN 0224]

FEBRUARY 2024

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

(Regulations for candidates admitted from 2010-2011 Session onwards)

FIRST YEAR

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two Hours

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. a) Define Peptic ulcer with its etiological factors.
- b) Dietary management of Peptic ulcer.
- c) Plan a day's menu for a patient with peptic ulcer.

II. Write notes on:

(2 x 5 = 10)

1. Explain about Macro and Micro nutrients.
2. Factors to be considered for planning a diet for Preschool children.

III. Short answers on:

(5 x 2 = 10)

1. Define Balance diet.
2. What are the disease caused by deficiency of Vitamin C and Vitamin D?
3. Write about the advantages of school lunch programme.
4. Define Nutrition Education.
5. Protein and Calcium requirement for infants and children of age group 3 -5 years.

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[PBBSCN 0824]

AUGUST 2024

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATION**

(Regulations for candidates admitted from 2010-2011 Session onwards)

FIRST YEAR

PAPER II – NUTRITION AND DIETETICS

Q.P. Code: 684883

Time: Two Hours

Answer ALL Questions

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. National Nutritional problems and Nutritional programs in India.

II. Write notes on:

(2 x 5 = 10)

1. What is Basal Metabolic Rate? Explain the factors which affects BMR.
2. Explain the following food preservation methods:
 - a) Pasteurization and Canning.
 - b) Smoking and Freezing.

III. Short answers on:

(5 x 2 = 10)

1. Define Health.
2. Osteoporosis and Osteomalacia.
3. What us adulteration?
4. Low Glycemic index foods.
5. Clear fluids and liquid diet.

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[PBBSCN 1124]

**NOVEMBER 2024
(OCTOBER 2024 EXAM SESSION)**

Sub. Code: 4883

**POST BASIC BACHELOR OF SCIENCE IN NURSING
DEGREE EXAMINATIONS**

(Regulations for candidates admitted from 2010-2011 Session onwards)

**FIRST YEAR
PAPER II – NUTRITION AND DIETETICS**

Q.P. Code: 684883

Time: Two Hours

Answer ALL Questions

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. Discuss in detail about methods of assessing Nutritional status of an individual.

II. Write notes on:

(2 x 5 = 10)

1. Brief the nutritional importance during pregnancy and plan a day's menu for pregnant women with Anemia and justify your selection of menu.
2. Explain about Medical Nutritional Therapy for Cardiovascular Disease.

III. Short answers on:

(5 x 2 = 10)

1. Low fiber diet.
2. Give any four functions of Protein.
3. Substitutes for non-vegetarian foods.
4. Scurvy and Pellagra.
5. Essential Fatty Acids.

THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

[PBBSCN 1125]

**NOVEMBER 2025
(AUGUST 2025 EXAM SESSION)**

Sub. Code: 4883

**POST BASIC B.Sc. NURSING DEGREE COURSE EXAMINATION
(Regulations for candidates admitted from 2010-2011 sessions onwards)**

**FIRST YEAR
PAPER II – NUTRITION & DIETETICS**

Q.P. Code: 684883

Time: Two Hours

Answer ALL Questions

Maximum: 35 Marks

I. Elaborate on:

(1 x 15 = 15)

1. Discuss the etiology, symptoms and dietary management of hypertension with a menu plan.

II. Write notes on:

(2 x 5 = 10)

1. Write the dietary modifications for an obese patient with Type II diabetes.
2. Write about the nutritional needs in lactation with importance of breast feeding.

III. Short answers on:

(5 x 2 = 10)

1. Define Diet therapy.
2. What are the aims of Mid-day Meal Programme?
3. Define Under nutrition.
4. Write any four foods rich in Iron.
5. List any two important nutrients required for wound healing.
