

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

- Instructions :**
- 1) Use **blue/black** ball point pen only.
  - 2) **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.
  - 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 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.

## 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.

