B.Sc. (Nursing Part-I) Examination
November – 2008
Subject - Nutrition
Paper-II (Section-A)

Maximum Marks: 40

Question No. 4 is Compulsory
Attempt any Two form rest of the Questions.
Use Separate Answer – book for each section.

Q.1 a) Define balanced diet   (4 x 3 = 12)
  b) Differentiate between under-nutrition and malnutrition.
  c) Prepare a menu for Mrs. Anita 25 years, lactating mother having 4 months old baby, 5ft 4" tall, 50 kg weight doing moderate household work.

Q.2 a) List of the fat soluble vitamins and their five sources   (4 x 3 = 12)
  b) What are the functions of vitamin in body?
  c) Discuss in detail the role of nurse in the community for prevention of vitamin-A deficiency.

Q.3 a) Explain the methods of cooking   (4 x 3 = 12)
  b) Write the effects of cooking on nutrient.
  c) Describe the methods of food preservation.

Q.4. Write short notes on any 4 of the following :-   (4 x 4 = 16)
  a) Adulteration of food.
  b) Factors effecting basal metabolic rate.
  c) Functions and sources of protein.
  d) Mid-day meal programme.
  e) Pasteurization of milk.