Rajiv Gandhi University of Health Sciences, Karnataka

II Semester B. Sc Nursing Degree Examination - 16-Dec-2025

Time: Three Hours **Max. Marks: 50**

APPLIED NUTRITION & DIETETICS – SECTION - A

Q.P. CODE: 1779

(QP Contains Two Pages)

Your answers should be specific to the questions asked
Draw neat, labeled diagrams wherever necessary

(Note: Both QP Codes 1779 and 1780 are to be answered within total duration of 3 hours)

LONG ESSAY **1 x 10 = 10 Marks**

1. Define Menu Planning. Write in detail the principles of menu planning.

SHORT ESSAYS **4 x 5 = 20 Marks**

2. Explain about the nursing care of patient with Protein Energy Malnutrition.
3. Write about Gomez's classification for assessment of nutritional status.
4. Enumerate the hygienic practices of food hygiene.
5. Write the advantages and disadvantages of food frequency questionnaire.

SHORT ANSWERS **6 x 2 = 12 Marks**

6. Write any two functions of carbohydrates.
7. What are essential amino acids?
8. What is Xeropthalmia?
9. Define Therapeutic diet.
10. Write about Vitamin A Prophylaxis programme.
11. List any two objectives of Integrated Child Development Service scheme.

Multiple Choice Questions **8 x 1 = 8 Marks**

12. Which of the following is an inorganic nutrient
    A. Carbohydrates
    B. Sodium
    C. Proteins
    D. Vitamins

13. Simple lipids are
    A. Triglycerides
    B. Phospholipids
    C. Glycolipids
    D. Carotenoids

14. An example for trace elements is
    A. Calcium
    B. Phosphorous
    C. Iron
    D. Copper

15. Which of the following is not a cereal?
    A. Rice
    B. Wheat
    C. Soyabean
    D. Barley

16. Oral Rehydration Therapy is advised for patients with
    A. Hypertension
    B. Stroke
    C. Constipation
    D. Diarrhoea

17. Recommended diet for patients with high blood pressure is
    A. Low salt diet
    B. High salt diet
    C. Liquid diet
    D. Clear fluid diet

18. MMPO cover quality guidelines for
    A. Milk and milk products
    B. Fruits
    C. Meat and meat products
    D. Vegetables

19. Which of the following processes kills harmful bacteria in milk
    A. Sterilization
    B. Pasteurization
    C. Preservation
    D. Fermentation

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