

NUTRITION
I YEAR B.sc NURSING

UNIT – I

INTRODUCTION

Short Essay

1. Explain the history of nutrition.
2. Describe the concepts of nutrition
3. Mention the role of nutrition in maintaining health.
4. Explain the nutritional problems of India.
5. Explain the National nutritional policy.
6. What are the factors affecting food and nutrition?
7. Describe the role of food and its medicinal value.
8. Explain the Classification of foods.
9. Define food standards and explain various food standards.
10. Explain with examples, food standardization system in India.

UNIT – II

CARBOHYDRATES

SHORT ESSAY

1. 1. How are carbohydrates classified? List the sources and functions of carbohydrates.
2. Explain in detail digestion and absorption of carbohydrates.
3. Write note on excessive intake of carbohydrates and what happens in deficiency.
4. What is the calorific value of carbohydrate? List the key differences between Kwashiorkor and Marasmus.
5. What is the daily requirement of carbohydrates? Explain the metabolism of carbohydrates.

SHORT ANSWERS

1. Write the clinical features of Marasmus
2. Write the clinical features of Kwashiorkor
3. Sources of carbohydrate

UNIT – III

LIPIDS

SHORT ESSAY

1. Describe lipids under the following headings, classification, function and food sources of fats.
2. Define lipids and explain the classification of lipids.
3. Explain in detail the functions of lipids.
4. What are the sources of lipids? What is the calorific value and daily requirement of lipids?
5. Explain in detail digestion and absorption of fats.
5. Write note on excessive intake and deficiency of fats.

III.SHORT ANSWERS

1. What is calorific values of Lipids?
2. What are Refined Oils ?
3. What is Emulsification?
4. What are the effects of over consumption of Lipids?
5. What is the deficiency of lipids called as?
6. What are the differences between essential and non essential fatty acids?

UNIT – IV

PROTEINS

II.SHORT ESSAY

1. How are proteins classified? What are the sources of proteins? What is the calorific value of protein?
2. What is PEM? Write note on excessive intake and deficiency symptoms of protein.
3. Explain in detail digestion, absorption, and metabolism of proteins.
4. List the functions of proteins. What is the daily requirement of protein for an adult?
5. Explain PEM.

III.SHORT ANSWERS

1. What are amino acids?
2. What are essential amino acids?
3. What are non-essential amino acids?
4. Mention the biological value of proteins?
5. What are complete proteins/first class proteins?
6. What are incomplete proteins/class II proteins?
7. Give examples of complete proteins
8. Give examples of incomplete proteins
9. What is Kwashiorker?
10. Define Marasmus.

UNIT – V

ENERGY

SHORT ANSWERS

1. What is Calorific Value?
2. Define Basal Metabolic Rate.
3. What is specific Dynamic Action of food?
4. What is Obesity?
5. What is Energy requirement of different categories of people?
6. How is Energy produced in our body? Explain
7. Explain various methods to assess obesity.

8. What are the factors which affect BMR?
9. Difference between actual calorific value and physiological value
10. Define Energy
11. Define Calorie
12. 12. What is the measurement of Energy
13. Define Actual Calorific Values of food.
14. Define Physiological Calorific Value of food.
15. What is the significance of BMR.

UNIT – VI

VITAMINS

I.SHORT ESSAYS

1. Define Vitamins, Classify Vitamins; explain the dietary sources daily requirements of vitamin A
2. Define Vitamins. Classify vitamins; explain the dietary sources daily requirements, absorption, functions, deficiency of Vitamin D
3. Define Vitamins. Mention fat soluble Vitamin. Explain Vitamin K in detail.
4. Explain the dietary sources, functions, deficiency manifestations and daily requirements of Vitamin C.
5. Describe the dietary sources, deficiency manifestations and daily requirements of thiamine.
6. Describe the dietary sources, deficiency manifestations and daily requirements of riboflavin.
7. What is the requirement and functions of vitamin D?
8. What are the sources and functions of vitamin K?
9. What are the sources, function, and deficiencies of vitamin C?
10. What are water soluble vitamins? Write a note on functions and deficiency of thiamine.
11. What are fat soluble vitamins? Write a note on vitamin A.

SHORT ANSWERS

1. Explain functions of Vitamin A
2. Explain deficiency and hypervitaminosis of Vitamin A
3. Explain functions of Vitamin D
4. Mention deficiency and hypervitaminosis of Vitamin D
5. Write a short essay on Vitamin E
6. Write a short essay on Vitamin K
7. Define Vitamins. Classify vitamins
8. What are fat soluble vitamins
9. What is the role of Vitamin A in vision?
10. What are functions of Vitamin C
11. List the deficiencies of Vitamin C
12. Mention the B complex Vitamins and sources
13. Mention deficiency disorders of B complex vitamins
14. Mention sources, requirements and deficiency of vitamin C
15. What is vitamin K. Sources, uses and requirements
16. Explain vitamin A. deficiency & effects.
17. Mention Sources, requirements, deficiency disorders of thiamine
18. Mention sources, requirements, deficiency disorders of Riboflavin
19. Mention sources, requirements, deficiency disorders of Vitamin B₃
20. Mention sources, requirements, deficiency disorders of Vitamin B₉
21. Mention sources, requirements, deficiency disorders of Vitamin B₁₂

III.SHORT ANSWERS

1. Define Pro-vitamins.
2. What are Carotenes
3. Define Night blindness
4. Define Exophthalmia
5. What is the cause of Rickets
6. Mention the cause of Osteomalacia

7. Vitamin E has selenium sparing action. Give reason.
8. What is caused by Tonicity of Vitamin A
9. What is sources of Vitamin D
10. Define Beri – Beri
11. What is Cheilosis
12. Define Pellagra
13. Define Pernicious anemia
14. What is Vitamin B₁₂
15. Define Megaloblastic anemia
16. Define Scurvy
17. Define Wernicke's encephalopathy

UNIT – VII

MINERALS

SHORT ESSAY

1. Discuss the role of minerals in the body.
2. Explain the absorption, storage and excretion of calcium. Add a note on factors affecting calcium absorption.
3. Explain the digestion, absorption, transport, storage and exertion of Iron.
4. What is daily requirement and functions of calcium
5. Mention the functions of Iron
6. Mention the functions of copper
7. Mention the function and deficiency of Phosphorus
8. Mention the functions of Zinc
9. What are sources and deficiency of Minerals?

UNIT – VIII

WATER & ELECTROLYTES

SHORT ANSWERS

1. How is water distributed in the body
2. What is over hydration and water intoxication?
3. Define dehydration.
4. Explain ORT/ORS
5. What is the daily requirement of Water?
6. What is Electrolyte imbalance?
7. What is Normal ranges of plasma electrolyte.?

UNIT – IX

COOKERY RULES & PRESERVATION OF NUTRIENTS

I. LONG ESSAY

1. Explain the various methods of cooking and its effect on nutrients.
2. Write a note on household methods of preservation of foods. What are the golden rules to prevent vitamin loss?
3. Describe personal hygiene of food handlers. Explain the signs of good meat hygiene and hygiene of slaughter houses.
4. a. What are food additives? Enumerate the classification of food additives
.b. Write a note on food adulteration.
5. Define Cooking; explain the principles of cooking ..
6. Discuss the various methods of cooking with examples.
7. What is effect of cooking on food? Explain with examples.
8. Define food hygiene and discuss various methods of food storage.
9. Define food adulteration, types of adulterants and legislature measures to control it.

II.SHORT ESSAY

1. What are purposes of cooking?

2. What are different methods of cooking
3. What is Safe food handling
4. Explain food hygiene and sanitation
5. Explain food preservation
6. Mention various food storage methods.
7. What are different household methods used for preservation of food.
8. What are the different food borne diseases.
9. What are various methods to Control food adulteration?
10. Explain PFA – 1954 Act.

UNIT – X

BALANCED DIET

I.LONG ESSAY

1. Define balanced diet. What are the factors you would consider while planning a diet?
2. What is balanced diet? How do you plan a balanced diet for a pregnant woman?
3. What is Therapeutic diet? What are the modifications in diet? Plan a menu for a diabetic person.
4. What are weaning foods? Explain the principles of weaning foods. What are the advantages of breast feeding?
5. What is menu planning? Discuss in detail the steps involved in planning a menu.
6. Define therapeutic diets. Explain therapeutic diet for cardiovascular disease.
7. Write a detailed account of nutritive values of all food groups.
8. Write a detailed account of balanced diet and factors affecting it.
9. Discuss the nutritional requirements during pregnancy and lactation.
10. What are the concepts of a balanced diet? Discuss steps you would consider while planning a diet for an expectant mother.
11. Explain the nutritional requirements during Infancy
12. Explain the nutritional requirements in old age and plan menu for them.

13. What is balanced diet? Discuss steps that you consider while planning for 70 years person.
14. Define diet plan? Describe the role of a nurse in planning a diet for an adult.
15. What is the calorie requirement of preschools? Prepare a diet plan for the preschools to meet the requirements.
16. What is the calorie requirement of schools age child? Prepare a diet plan for a 5 years old school child.
17. Define balanced diet. Discuss the importance of balanced diet.
18. Discuss the principles and points to be considered while planning balanced diet.
19. Discuss the dietary goals and guidelines for calculating individual nutrients.
20. Discuss the nutritional requirements of infant. Discuss various principles of weaning.
21. Explain various factors to be considered while planning balanced diet.
22. Define menu planning. Mention the principles of meal planning.
23. What is therapeutic diet? Enumerate various principles of therapeutic diet.
24. Enumerate different types of therapeutic diet and use of naturopathy diet in maintaining health.

II. SHORT ESSAY

1. What are the different food groups.
2. Define exclusive Breast feeding and advantages of Breast feeding
3. Define weaning and explain the principles of weaning
4. What is colostrum?. Explain the advantages of breast feeding
5. How does economic status and food budget of the family affect menu planning?
6. Define diet consistency. Classify diets based on consistency.
7. Discuss various special feeding methods.
8. Explain role of nurse in balanced diet.
9. What are the factors affecting menu planning.
10. Prepare diet plan for a schooler
11. What are objectives of planning a menu to an infant?
12. What are factors promoting adequate supply of breast milk.
13. What are the reasons for weaning of infants.
14. Define Balanced diet.

15. Define Weaning
16. Diet for elderly.
17. Explain Nurses role in importance of Breast feeding.
18. Importance's of Breast feeding.
19. Chemical composition of Milk.
20. Explain the Nutritional needs of teenagers
21. What is Calcium requirements for a pregnant and lactating woman.
22. Precaution of introduction of weaning diet.
23. Define Exclusive breast feeding.

III.SHORT ANSWERS

1. What is Food pyramid
2. Explain 5 food group system.
3. Explain 11 food group system.
4. Fruits and vegetables
5. Cereals.
6. Pulses.
7. What is Composition of Milk
8. Colostrum
9. Explain Naturopathy diet.
10. What is Soft diet
11. What is Bland diet.
12. Explain Intravenous feeding
13. Explain Tube feeding
14. What are Clear fluids
15. What is Liquid diet
16. Breast milk
17. Exclusive breast feeding
18. What is Semisolid diet
19. What are Supplementary and complementary feeds

20. What is Beverage?
21. Mention the uses of Iodized Salt
22. What is Light diet
23. What is Protein diet.

UNIT – XI

ROLE OF NURSE IN NUTRITIONAL PROGRAMME

I. SHORT ESSAY

1. Enumerate various national nutritional programmes of India
2. List various agencies working towards food and nutrition.
3. What are the various ways to assess the nutritional status?
4. Define nutrition education. Explain in detail the methods of imparting nutrition education.
5. Discuss the role of nurse in nutritional education.
6. Explain National nutritional programmes (NNP).
7. Explain Mid day meal programme.
8. Explain Vitamin A deficiency prophylaxis programme.
9. Explain National Iodine deficiency disorders programme.
10. How can nutritional anemia be prevented.
11. Explain ICDS programme.
12. What is the role of FAO to improve nutrition of people of all countries?
13. Explain Nutritional Assessment.