

QP CODE: 112011

Reg. No:.....

**First Year Post Basic B.Sc Nursing Degree Regular/Supplementary  
Examinations October 2019**

**Nutrition and Dietetics**

**(2016 Scheme)**

**Time: 2 Hours**

**Total Marks: 35**

- **Answer all questions**
- **Draw diagram wherever necessary**

**Short Essays:**

**(3x7=21)**

1. Give the nutritional needs of pregnant women and plan a menu.
2. Effect of weaning on mother and child.
3. Explain guidelines of balanced diet.

**Short notes:**

**(2x4=8)**

4. Give the dietary principles for cardiovascular diseases.
5. Discuss the need for community nutrition programme.

**Answer briefly:**

**(2x3=6)**

6. Importance of food hygiene during food preparation.
7. Advantages of school lunch programme

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