

**VINAYAKA MISSION'S RESEARCH FOUNDATIONS, SALEM
(Deemed to be University)**

**B.Sc. (NURSING) DEGREE EXAMINATION – February 2020
First Year**

NUTRITION AND BIOCHEMISTRY

Time: Three hours

Maximum: 75 marks

Answer Part A and Part B in separate Answer Book

PART – A

NUTRITION

Maximum: 45 marks

SECTION – A

I. Answer **All** Questions. Each answer in one or two sentences: (10 x 1 = 10)

1. List out the cultural factors affecting food.
2. What is Nutrition?
3. Mention the RDA of protein / day for adolescents.
4. What is malnutrition?
5. Expand BMI.
6. List out the rich sources of vitamin C.
7. What is food adulteration?
8. State the types of food storage.
9. What is balanced diet?
10. Enumerate the signs and symptoms of Rickets.

SECTION – B

II. Write Short Notes on any **THREE** of the following: (3 x 5 = 15)

11. Dehydration.
12. Hyper vitaminosis.
13. Food standards.
14. Macronutrition.
15. Deficiency disorders of vitamin B complex

SECTION – C

III. Answer any **Two** of the following: (2 x 10 = 20)

16. Write in detail about national nutritional programme.
17. Elaborate on therapeutic diet.
18. Explain about absorption, synthesis, metabolism, storage and excretion of iron.
19. Discuss about food handling process and preservation of nutrients.

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PART – B

BIOCHEMISTRY **Maximum: 30 marks**

SECTION – A

I. Answer **All** Questions. Each answer in one or two sentences: (5 x 1 = 5)

1. Functions of cholesterol.
2. Name the essential amino acids.
3. Fluorosis.
4. Normal level of urea and creatinine.
5. Mitochondria.

SECTION – B

II. Write short notes on any **THREE** of the following: (3 x 5 = 15)

6. Classify enzymes with one example.
7. Primary structure of protein.
8. Pellagra.
9. Phospholipids.
10. Significance of HMP shunt pathway

SECTION – C

III. Answer any **ONE** of the following: (1 x 10 = 10)

- 11.(a) Explain regulation of blood sugar with normal level of fasting and postprandial blood glucose level and note on GT (Glucose tolerance test)

(OR)

- (b) Describe β -oxidation of fatty acids in detail with energetics.

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