

KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES

WARANGAL, TELANGANA STATE – 506 002

POST BASIC B.Sc. (NURSING), FIRST YEAR DEGREE EXAMINATIONS: NOVEMBER 2025

NUTRITION & DIETETICS

Time: 2 Hours

Max Marks: 35

Note: Answer all questions

Draw diagrams whenever necessary with Black Ball point pen /HB pencil /any dark
Color pencil.

Write an essay on any ONE of the following:

1 X 10 = 10

1. Define Balanced diet. Discuss the importance of balanced diet and plan
well Balance diet for pregnant mother. (2+8)
2. a) List out various National nutritional programmes.
b) Explain role of nurse in National nutritional programmes. (5+5)

Write a short note on any THREE of the following:

3 X 5 = 15

3. Therapeutic Diet.
4. Function of Iron.
5. Vitamin A deficiency.
6. Functions of proteins.
7. Food borne diseases.

Write briefly on the following:

5 X 2 = 10

8. Define Nutrition.
9. Soft diet.
10. Rickets.
11. Define Micro and Macro Nutrients.
12. Principles of Menu planning.
