

**DIPLOMA IN NURSING AIDE
FIRST YEAR
PAPER III – NUTRITION AND BIOCHEMISTRY**

Q.P. Code : 841803

Time : Three Hours

Maximum : 100 Marks

Answer All questions

I. Elaborate on: **(3 x 10 = 30)**

1. Define balance diet and discuss about its importance in health.
2. Explain the principles of Cooking.
3. Write in detail the concept of Community Nutrition.

II. Write notes on: **(10 x 5 = 50)**

1. Classify the nutritive value of nuts and oil seeds.
2. What is the method of calculating normal food requirements?
3. Explain the diet and the patient.
4. Food hygiene.
5. Explain the energy giving food.
6. Factors affecting selection of meals.
7. Explain Low cost menu.
8. Household methods of preserving and storing food.
9. How to feed helpless patients?
10. Laws related to food.

III. Short Answers on: **(10 x 2 = 20)**

1. List two Protective food.
2. Specify any 2 Nutritive value of Legumes.
3. Write two diseases caused by deficiency of carbohydrates.
4. Nutritional needs for pregnant women.
5. Write the preparation of Fruit Juice.
6. Define ill-balanced diet.
7. Mention two Substitutes for non-vegetarian food.
8. What is the need of Nutrition education?
9. Write two important of serving of food.
10. Mention cultural factors in acceptance of diet by the patient.
