

[KZ 0211]

AUGUST 2011

Sub. Code: 1803

**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**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Precautions in Selection, Preparation and Storage of food.
2. Nutritional needs for a nursing mother with some suggested recipes.
3. Name out adulterants commonly found in ten commercially prepared food items.

**II. Write notes on:**

**(10 x 5 = 50)**

1. List out any five methods to improve an ill balanced diet.
2. Tube feeding.
3. Principles of menu planning.
4. Different methods of cooking.
5. Classification of food based on their predominant functions.
6. Factors influencing normal food requirements.
7. Nutritive value of different types of vegetables like green leafy, yellow and other vegetables.
8. High calorie diet.
9. Anemia.
10. Food hygiene.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Mention any four low cost recipes.
2. Write any two benefits of sprouted pulses.
3. Discuss the nutritive value of fats and oils.
4. Define Calorie.
5. Name any two uses of spices.
6. Marasmus.
7. Whole fruit or fruit juice, which is good? And Why?
8. Name any four dietary rich sources of vitamins and minerals.
9. Mention any two substitutes for non vegetarian food.
10. Importance of nutrition education.

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[LA 0212]

FEBRUARY 2012

Sub. Code: 1803

**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. What are the states of Carbohydrate deficiency, Protein deficiency & Fat Deficiency?
2. Different methods of food preservation at home scale level.
3. Classification of food based on their origin and physiological functions.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Principles of cooking.
2. Principles of menu planning.
3. Nutritional needs for children. (1 to 6 Years)
4. Nutritive value of pulses.
5. Balanced diet.
6. Name ten iron rich dietary sources.
7. Various methods of communication used in community nutrition.
8. Different factors affecting food acceptance of a patient.
9. Relationship between nutrition and health.
10. Consequences of western diet.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Name any four vitamin A rich dietary sources.
2. Name any two nutrients that are most important for elders.
3. Why steamed foods are good?
4. Any two ways to improve an ill balanced diet.
5. Green leafy vegetables are good for health .Justify.
6. What is the caloric value of one gram carbohydrate?
7. Mention any two conditions where tube feeding is administered.
8. Write any two benefits of salads.
9. Mention any two common adulterants found in milk.
10. Name any four protein rich food sources.

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

*Q.P. Code : 841803*

**Time: Three Hours**

**Maximum: 100 marks**

**Answer ALL questions in the same order**

**I. Elaborate on:**

**Pages Time Marks**  
**(Max.) (Max.) (Max.)**

- |  |   |         |    |
|--|---|---------|----|
| 1. Explain the Deficiency disease of protein, fat and carbohydrates. | 7 | 20 min. | 10 |
| 2. Classification of food.   | 7 | 20 min. | 10 |
| 3. Precautions in selection, preparation and storage of food.        | 7 | 20 min. | 10 |

**II. Write Notes on:**

- |   |   |        |   |
|---|---|--------|---|
| 1. Principles of cooking.                             | 4 | 9 min. | 5 |
| 2. Factors affecting selection and planning of meals. | 4 | 9 min. | 5 |
| 3. Diet in Diabetes mellitus.                         | 4 | 9 min. | 5 |
| 4. Meat Hygiene.                                      | 4 | 9 min. | 5 |
| 5. Household methods of preserving food.              | 4 | 9 min. | 5 |
| 6. Nutritional Need of pregnant women.                | 4 | 9 min. | 5 |
| 7. Relationship between nutrition and Health.         | 4 | 9 min. | 5 |
| 8. State any ten vitamin A rich sources.              | 4 | 9 min. | 5 |
| 9. Vitamin 'D' deficiency diseases.                   | 4 | 9 min. | 5 |
| 10. Nutritional services in India.                    | 4 | 9 min. | 5 |

**III. Short answer on:**

- |  |   |        |   |
|--|---|--------|---|
| 1. Name any two drugs affecting absorption of Nutrients from intestines. | 1 | 3 min. | 2 |
| 2. State the causes of anemia.   | 1 | 3 min. | 2 |
| 3. Define-pasteurization.  | 1 | 3 min. | 2 |
| 4. Food adulterants.   | 1 | 3 min. | 2 |
| 5. Kwashiorkar and marasmus.   | 1 | 3 min. | 2 |
| 6. Write any two benefits of boiled vegetables.                          | 1 | 3 min. | 2 |
| 7. Nutritive value of cereals.   | 1 | 3 min. | 2 |
| 8. Mention any two methods of improving an ill-balance diet.             | 1 | 3 min. | 2 |
| 9. List any two low cost menus.  | 1 | 3 min. | 2 |
| 10. Discuss the caloric value of 1gm of protein, fat and carbohydrates.  | 1 | 3 min. | 2 |

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[LC 0212]

FEBRUARY 2013

Sub. Code: 1803

**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. Explain about methods of preparation of food and the effects on food constituents.
2. List down disease caused by fat soluble Vitamin.
3. Explain the needs of nutritional education and its method.

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

1. Explain the low cost menu.
2. Explain the classification of food by origin.
3. Write the sources of protein.
4. Explain the health problem related to Calcium.
5. Write the relationship of nutrition on health.
6. Explain the nutritional needs of Lactating mother.
7. Explain Importance of breast feeding.
8. Write the disease caused by vitamin 'D'.
9. Explain about food adulteration.
10. Protein Energy Malnutrition.

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

1. Define diet.
2. Define Calorie.
3. Define food hygiene.
4. List down the four function of fats.
5. List down four sources of Vitamin 'C'.
6. List down the health problem related to vitamin 'A' deficiency.
7. Write the caloric value of Protein, Fat and Carbohydrates.
8. Give four source of Potassium.
9. Give four purpose of food additives.
10. Define Bland diet.

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[LD 0212]

AUGUST 2013

Sub. Code: 1803

**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. Different Methods of Cooking.
2. Role of Nutrition in Health.
3. Food group system.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Classification of food groups based on their function.
2. Iron rich dietary sources.
3. Essential Fatty Acids
4. Low cost menu.
5. Advantages of Breast feeding
6. Balanced diet.
7. Food hygiene.
8. Principle of menu planning.
9. Liquid diet.
10. Food pyramid.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Define Nutrition.
2. Name any four food sources of vitamin A.
3. List out any two benefits of boiled vegetables.
4. Write any two consequences of western diet.
5. Write caloric value of 1 gm of carbohydrate.
6. How much energy is recommended for lactating women?
7. Mention any two laws related to food.
8. Write any two benefits of fruit salad.
9. What is beriberi?
10. Classify the units of nutrients.

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[LE 0212]

FEBRUARY 2014

Sub. Code: 1803

**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. Precautions in Selection, Preparation and storage of food.
2. Explain the diseases caused by deficiencies of Vitamin A and Vitamin D.
3. Define Food hygiene, explain about milk hygiene.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Relationship of Nutrition to health
2. Principles of Meal planning.
3. Classification of food by its nutritive value and explain vegetables and Animal foods.
4. Balanced diet
5. Food Adulteration
6. How do you feed a helpless patient?
7. Plan a menu for Lactating mother.
8. Preparation of Barely water.
9. Low cost menu.
10. Methods of improving and ill-balanced diet.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Name any four rich food sources of Iron.
2. Define under nutrition and over nutrition.
3. Expand: RDA, K. Cal.
4. What is liquid diet?
5. Any 4 functions of water.
6. How much protein is recommended for Nursing Mother?
7. Vitamin D Deficiency Diseases in children and Old age.
8. Define Nutrition.
9. Any two benefits of sprouted pulses
10. Poor Man's meat.

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[LF 0212]

AUGUST 2014

Sub. Code: 1803

**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. Explain the concept of community nutrition, prepare a low cost menu for the rural family consists of two adults and two under five children (age 3 and 5 years).
2. Define balanced diet. Write in detail the nutritional needs of old age people.
3. Define adulteration. Mention the food hygiene and laws related to food.

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

1. Write the substitutes for non – vegetarian food.
2. Mention the sources of fat food and its deficiency diseases.
3. Discuss about the opportunities for teaching diet therapy.
4. Mention the methods of preserving and storing of food.
5. Write the methods of nutritional education.
6. Write the preparation and storage of food.
7. Write the methods of improving all balanced diet.
8. Mention the factors affecting selection and planning of meals.
9. Mention the vitamin-A deficiency diseases & the sources of vitamin-A rich food item.
10. Mention the cultural factors in acceptance of diet by the patients.

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

1. Mention the house hold method of preservation of food.
2. Mention the deficiency diseases and symptoms caused by vitamin-B.
3. Mention the classification of food by origin. Give example.
4. Define calorie.
5. What are the benefits of cooking?
6. Mention the commercial methods of food preservation.
7. Write the main purposes of food additives.
8. Mention the milk borne diseases.
9. Write the purposes of five food group system.
10. Write the sources of vitamin-C rich food.

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**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. Explain in detail about the relationship of nutrition with health.
2. Write in detail about the nutritional needs of the old age people.
3. Define balance diet and discuss about its importance in health.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Mention the adulteration of commercially prepared food.
2. Explain the methods of preservation and storing of food.
3. Write any two preparations of light diets.
4. Write the food hygiene and laws related to food.
5. Discuss about feeding helpless patients.
6. Mention the protective group of foods.
7. Explain nutritive value of cereals and millets.
8. Write about carbohydrate food sources and functions of carbohydrates.
9. Mention the deficiency diseases caused by minerals and vitamins.
10. Explain the concept of community nutrition.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. List out the classification of food by functions.
2. Define calorie.
3. Write the diseases caused by deficiency of vitamin – A.
4. Mention two substitutes of non – vegetarian food.
5. Mention four egg preparations.
6. Mention two household methods of preservation.
7. Write four foods of vegetable origin.
8. Write the nutritive value of sugar and jaggery.
9. Mention three main functions of food.
10. Mention four important mineral in our food group.

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[LH 0815]

AUGUST 2015

Sub. Code: 1803

**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. Classification of food based on their origin and physiological functions.
2. List down disease caused by fat soluble Vitamin.
3. Explain the different Methods of Cooking.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Write the different methods of cooking.
2. Explain Food hygiene.
3. Nutritive value of pulses.
4. Relationship between nutrition and health.
5. Diet in Diabetes mellitus.
6. Vitamin 'D' deficiency diseases.
7. Explain the low cost menu.
8. Explain the nutritional needs of Lactating mother.
9. Explain about food adulteration.
10. Liquid diet.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Define food customs.
2. List the Food of animal origin.
3. Mention the Body building food.
4. Specify and 2 Nutritive value of Cereals.
5. Method of calculating normal food requirements.
6. Write two diseases caused by deficiency of protein.
7. What is Food adulteration?
8. Nutritional needs for infants.
9. Food for lactating mothers.
10. Substitutes for non-vegetarian food.

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[LI 0216]

FEBRUARY 2016

Sub. Code: 1803

**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.

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[LJ 0816]

AUGUST 2016

Sub. Code : 1803

**DIPLOMA IN NURSING AIDE COURSE**

**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. Write any three minerals, their sources and their deficiency manifestations.
2. Write in detail about Protein energy Malnutrition.
3. Explain in detail about various methods on preparation of food and effects on food constituents.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Nutritional requirements of old people.
2. Explain why steamed foods and green leafy vegetables are good for health?
3. Advantages and disadvantages of beverages.
4. Factors affecting the selection and planning of meals.
5. Prescribe a diet for diabetic male weighing 60 kg.
6. Compare benefits of breast feeding over artificial feeds.
7. Food adulterants.
8. Food pyramid.
9. Components and preparation of oral rehydration fluid.
10. Various methods of communication used in community nutrition.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Define Bland diet.
2. Our health problems of Vitamin A.
3. Sources of sodium.
4. Deficiency manifestations of thiamine.
5. Four functions of carbohydrate.
6. Two sources of calcium rich food.
7. What is the caloric value of 1gm of protein?
8. Nutritive values of nuts and oilseeds.
9. Importance of nutritional education.
10. Define polysaccharides with 2 examples.

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[LK 0217]

FEBRUARY 2017

Sub. Code: 1803

**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. Write in detail about deficiency manifestations of Fat soluble vitamins.
2. Different methods of food preservation at household level.
3. Describe in detail regarding the nutritional needs and nutritional education to lactating mother.

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

1. Nutritional services in India.
2. Methods of improving an ill balanced diet.
3. Feeding of helpless patients.
4. Diseases caused by deficiency of any three minerals.
5. Write the sources of carbohydrates.
6. Classification of food groups based on their function.
7. Advantages of breast feeding.
8. Low cost menu.
9. Principles of cooking.
10. Food hygiene and laws related to food.

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

1. Dietary sources of Vitamin C.
2. Two substitutes for non vegetarian food.
3. Essential aminoacids.
4. Two sources of calcium rich foods.
5. Kwashiorkar.
6. Two uses of spices.
7. Two sources of folic acid.
8. Advantage of jaggery over sugar.
9. Two examples of energy giving food.
10. Write the caloric value of 1gm of carbohydrate.

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[LL 0817]

AUGUST 2017

Sub. Code: 1803

**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. Role of Nutrition in Health.
2. Different Methods of Cooking.
3. Explain the diseases caused by deficiencies of Vitamin A, Vitamin E and Vitamin D.

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

1. Explain the classification of food by animal origin.
2. Explain the energy giving food.
3. Explain the chemical composition and sources of carbohydrate.
4. Diseases caused by deficiency of fat.
5. Factors affecting the selection and planning of meals.
6. Mention the methods of preserving and storing of food.
7. Discuss about the opportunities for teaching diet therapy.
8. Methods of improving an ill balanced diet.
9. Food hygiene and laws related to food.
10. Prescribe a diet for diabetic women weighing 60 kg.

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

1. Nutritive value of pulses.
2. Draw the image of food pyramid.
3. Define Bland diet.
4. Sources of iron.
5. Four functions of carbohydrate.
6. What is Food adulteration? Give two examples.
7. Mention two main functions of food.
8. Any four functions of water.
9. Define Nutrition.
10. Define food hygiene.

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[LM 0218]

FEBRUARY 2018

Sub. Code: 1803

**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. Write in detail the nutritional needs of lactating mothers.
2. Write in detail the concept of community nutrition.
3. Write in detail about deficiency manifestations of water soluble vitamins.

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

1. Explain the classification of food by vegetable origin.
2. Explain the protective food.
3. Explain the chemical composition and sources of protein.
4. Diseases caused by deficiency of any three Vitamins.
5. Factors affecting the selection and planning of meals.
6. Principles of cooking.
7. Feeding of helpless patients.
8. Food hygiene and laws related to food.
9. Explain why steamed foods and green leafy vegetables are good for health?
10. Nutritional requirements of pregnant women.

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

1. Nutritive value of cereals.
2. Two sources of vitamin a rich food.
3. Importance of nutritional education.
4. Four functions of fat.
5. Define Calorie.
6. What are the benefits of cooking?
7. Write the purposes of five food group system.
8. What is liquid diet? When it is used?
9. What is Rickets?
10. Expand RDA. Give two examples.

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