

[LL 0817]

AUGUST 2017

Sub. Code: 1823

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

Q.P. Code : 841823

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.

[LM 0218]

FEBRUARY 2018

Sub. Code: 1823

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

Q.P. Code : 841823

Time : Three Hours

Maximum : 100 Marks

Answer All questions

I. Elaborate on:

(3 x 10 = 30)

1. Explain the Principles of Cooking.
2. Nutritional needs for pregnant women with some suggested recipes.
3. Write in detail about Protein Energy Malnutrition.

II. Write notes on:

(10 x 5 = 50)

1. Write the Relationship of Nutrition on Health.
2. Explain the Classification of Food By Origin.
3. Explain the Food Sources and Functions of Vitamin And Minerals.
4. Explain low cost menu and give any two low cost recipes.
5. Explain the factors affecting selection and planning of meals.
6. Explain about importance of breast feeding.
7. Write the household methods of preserving and storing food.
8. Discuss about feeding helpless patients.
9. Explain the body building food.
10. Explain food hygiene.

III. Short Answers on:

(10 x 2 = 20)

1. Name any four iron rich dietary sources.
2. Nutritive value of nuts and oilseeds.
3. Define calorie.
4. Expand RDA. Give two examples.
5. What are the benefits of cooking?
6. Define nutrition.
7. Mention any two laws related to food.
8. Mention any two nutrition related problems of elderly.
9. Write two methods of nutrition education.
10. Mention any two common adulterants found in milk.

[LN 0818]

AUGUST 2018

Sub. Code: 1823

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

Q.P. Code : 841823

Time : Three Hours

Maximum : 100 Marks

Answer All questions

I. Elaborate on:

(3 x 10 = 30)

1. Briefly explain about water soluble vitamins.
2. Role of Nutrition in health.
3. Write in details about the concept of community nutrition.

II. Write notes on:

(10 x 5 = 50)

1. Obesity.
2. Explain about Mitochondria and its functions.
3. Functions of Protein.
4. Write about different method of cooking.
5. Role of Fiber.
6. Define dehydration. What are the symptoms of dehydration?
7. Diet for Diabetes mellitus patients.
8. Explain about fat soluble vitamins.
9. Properties of cell membrane.
10. t-RNA structure.

III. Short Answers on:

(10 x 2 = 20)

1. Anthropometric measurement.
2. Scurvy.
3. What are the main sources of iron?
4. Define balanced diet.
5. Rich sources of calcium.
6. Normal values of blood urea and serum creatinine.
7. Define bitot's spots.
8. Mention any two common adulterants found in milk.
9. Functions of food.
10. Meat hygiene.

[LO 0219]

FEBRUARY 2019

Sub. Code: 1823

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

Q.P. Code: 841823

Time : Three Hours

Maximum : 100 Marks

Answer All questions

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

1. Write in details about PEM.
2. Define food hygiene. Explain about milk hygiene.
3. Define adulteration. Mention the food hygiene and Laws related to food.

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

1. Principles of menu planning.
2. High Calorie diet.
3. Nutritional needs for children [1 to 6 years].
4. Relationship between Nutrition and Health.
5. Explain the low cost menu.
6. Mention the vitamin-A deficiency disease and the sources of vitamin-A rich food item.
7. Iron deficiency.
8. List out the any five methods to improve an ill balanced diet.
9. Advantages and Disadvantages of Beverages.
10. Different methods of cooking.

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

1. Mention any four low cost recipes.
2. Green leafy vegetables are good for healthy justify.
3. Define bio-chemistry.
4. Explain: RDA , K , Cal.
5. Any four functions of water.
6. Importance of nutrition and education.
7. Define food customs.
8. Mention any two common adulterants found in milk.
9. Write any two benefits of fruit salad.
10. Functions of fat.

**DIPLOMA IN HEALTH CARE AIDE
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Q.P. Code : 841823

Time : Three Hours

Maximum : 100 Marks

Answer All questions

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

1. Explain the Sources and Deficiency of Vitamin – A.
2. Define Balanced Diet. Add a note on classifications of Food.
3. Nutritional Needs for a Lactating Mother. Add a Model menu.

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

1. Anemia.
2. Relationship between Nutrition and Health.
3. Iodine.
4. Health benefits of fibre in Food.
5. Nutritional need for pregnant women.
6. Name the carbohydrate rich food.
7. Functions of Fat.
8. Hormones regulating blood sugar.
9. Tube feeding.
10. Cereals.

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

1. Define Calorie.
2. Name any two foods rich in Vitamin – C.
3. Mention any two adulterants in Milk.
4. Write calorie value for 1 Gram Protein and Fat.
5. Define Diet.
6. Adverse effect of High fat intake.
7. Sources of Vitamin – D.
8. Any two functions of Water.
9. Benefits of Sprouted Pulses.
10. Examples of Polysaccharides.

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

Q.P. Code : 841823

Time : Three Hours

Maximum : 100 Marks

Answer All questions

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

1. Describe the sources, functions, deficiency of fat soluble vitamins.
2. Different methods of cooking.
3. Discuss about balanced diet and its importance in maintaining health.

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

1. Food hygiene.
2. Low cost menu.
3. Water soluble vitamin.
4. Nutritional need for old age people.
5. Amino acids.
6. Importance of water drinking.
7. Enzymes.
8. Food pyramid.
9. Oral rehydration solution.
10. Advantages of breast feeding.

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

1. Adverse effects of chocolates.
2. Mention the nutrients found in milk.
3. Mention any four egg preparations.
4. Name any two disaccharides.
5. Functions of calcium.
6. Sources of sodium.
7. Essential fatty acids.
8. Write any two uses of spices.
9. Calorific value of 1 gram carbohydrate and 1 gram alcohol.
10. Advantages of jaggery.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0321]

MARCH 2021

Sub. Code: 1823

(AUGUST 2020 EXAM SESSION)

DIPLOMA IN HEALTH CARE AIDE

FIRST YEAR (Regulation 2016-2017)

PAPER III – NUTRITION AND BIOCHEMISTRY

Q.P. Code : 841823

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Discuss the functions of proteins.
2. Discuss the nutritional needs for old people.
3. Explain in detail the methods of cooking.

II. Write notes on:

(10 x 5 = 50)

1. Classification of fatty acids.
2. Functions of Iron.
3. Precautions in preparation of food.
4. Functions of vitamin A.
5. Factors affecting the meal planning.
6. Prepare a low cost menu for an adult man.
7. Storage of non-perishable foods.
8. Effect of food preparation on proteins & fats.
9. Methods of improving an ill-balanced diet.
10. Substitutes for non-vegetarian foods.

III. Short answers on:

(10 x 2 = 20)

1. Balanced diet.
2. Name some millet.
3. Classify minerals.
4. Iron-rich foods.
5. Keratomalacia.
6. Sources of calcium.
7. Calorific value of 1 gram of carbohydrate and fat.
8. Classify proteins.
9. Obesity.
10. Sources of fibre.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0122]

JANUARY 2022

Sub. Code: 1823

(FEBRUARY 2021 & AUGUST 2021 EXAM SESSION)

**DIPLOMA IN HEALTH CARE AIDE
FIRST YEAR (Regulation 2016-2017)
PAPER III – NUTRITION AND BIOCHEMISTRY
*Q.P. Code : 841823***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Classification of foods.
2. Factors affecting selection and planning of meals.
3. Nutritional requirements for pregnant woman.

II. Write notes on:

(10 x 5 = 50)

1. Methods of nutrition education.
2. Concept of community nutrition.
3. Feeding of helpless patients.
4. Household methods of food preservation.
5. Precautions in storing foods.
6. Low cost menu for children.
7. Protein energy malnutrition.
8. Relationship of nutrition to health.
9. RDA for fats.
10. Adulteration.

III. Short answers on:

(10 x 2 = 20)

1. Mention the laws related to food.
2. Protein and fat requirement for infants.
3. Therapeutic diet.
4. Define energy.
5. Deficiency of fat soluble vitamins.
6. Sources of fats.
7. List the cooking methods.
8. Beverages.
9. Types of soups.
10. Sources of protein.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0922]

SEPTEMBER 2022

Sub. Code: 1823

(FEBRUARY 2022 & AUGUST 2022 EXAM SESSIONS)

**DIPLOMA IN HEALTH CARE AIDE
FIRST YEAR (Regulation from 2016-2017)
PAPER III – NUTRITION AND BIOCHEMISTRY
Q. P. Code: 841823**

Time: Three hours

Maximum : 100 Marks

Answer ALL Questions

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

1. Discuss the classification and functions of Carbohydrates.
2. Explain about the precautions in selection, preparations and storage of food.
3. Describe about food safety and handling practices for Nurses.

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

1. Physiological functions of food.
2. Explain B complex vitamins.
3. Principles of Cooking.
4. Steps involved in menu planning.
5. Budgeting of food.
6. Dietary management for constipation.
7. Guidelines for Good nutrition and hydration to combat COVID – 19.
8. Nutritional policy of Tamil Nadu.
9. Importance of light diet.
10. Food standards.

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

1. Define Under nutrition.
2. What are high density lipoproteins?
3. List any two functions of water.
4. Food additives.
5. What is calorie?
6. Mention the nutritive value of fats and oils.
7. Mention any two tips to avoid nutrient loss in food.
8. Define menu planning.
9. Sources of vitamin A.
10. Define Bland diet.
