

[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.

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