

# **KAMALNAYAN BAJAJ NURSING COLLEGE, AURANGABAD**

## **QUESTION BANK**

### **NUTRITION ( P B.Bsc 1<sup>st</sup> year)**

#### **Unit 1**

- a) Role of nutrition in maintain health
- b) Role of nurse in nutritional education
- c) What are the factors affect the food and nutrition
- d) Describe the classification of food
- e) Food standard
- f) Discuss micro and macro nutrients
- g) BMI
- h) Explain factors affecting Basal Metabolic Rate

#### **Unit 2**

- a) Digestion, absorption, storage and metabolism of CHO
- b) Describe the classification of CHO
- c) Write the sources of CHO
- d) Define malnutrition
- e) Function of CHO
- f) Caloric value of CHO

#### **Unit 3**

- a) Function and absorption of fat
- b) Caloric value of fats
- c) Write the dietary source of fats
- d) Digestion, absorption, storage of fats

#### **Units 4**

- a) Function and structure of protein
- b) Digestion, absorption, storage and metabolism of protein.
- c) What is first class protein. State any two important function of protein
- d) Importance of protein in children
- e) Sources of protein
- f) Essential amino acid
- g) Kwashiorkor

- h) Discuss the effect if deficiency of protein and its preventive measures.
- i) Define malnutrition. Describe the clinical feature of severe protein energy malnutrition.
- j) Difference between kwashiorkor and marasmus.
- k) Describe the clinical features, causes and preventive measures of Marasmus and Kwashiorkor.
- l) Protein energy malnutrition

## **Unit 5**

- a) Explain factors affecting basal metabolic rate.
- b) BMI
- c) Write about measurement of energy.

## **Unit 6**

- a) Define vitamin. Classify vitamin.
- b) Digestion, absorption, storage and metabolism of vitamin
- c) Write details about vitamin A deficiency.
- d) Function and deficiencies of vitamin C
- e) Explain the function of vitamin D.
- f) Write in details the function and deficiencies of vitamin A
- g) Synthesis of protein
- h) List sources of thiamine and effect of its deficiency
- i) State importance of vitamin in diet

## **Unit 7**

- a) Classify mineral and write some general function of minerals
- b) Write the factors interfering in absorption of calcium.
- c) Discuss micro and macro nutrients
- d) Deficiency disease of iron and its rich dietary sources.

## **Unit 8**

- a) Describe the effect of deficiency of water and its management
- b) Define electrolyte. What are the sources of electrolyte
- c) Maintenance of fluid and electrolyte balance.
- d) Define dehydration. Explain its management.
- e) Electrolyte imbalance.
- f) Requirement and imbalance of water in the body.

- g) Fluid diet
- h) Dehydration

## **Unit 9**

- a) Define food and classify food
- b) List the principle and reasons for cooking
- c) Discuss the method of cooking
- d) Principles of weaning and foods included
- e) Discuss principles of menu planning
- f) What is safe handling of food
- g) Explain about food adulteration
- h) Food adulteration and its prevention
- i) Prevention of food adulteration act .1954
- j) Food addictive and its principles
- k) Food standard
- l) Food fortification
- m) Safe food preparation practices
- n) Discuss the use of heat for food preservation
- o) Describe the effect of cooking on CHO
- p) Explain the factors to be considered while serving food to the patients

## **Unit 10**

- a) Balance diet
- b) Factors influencing food selection
- c) Therapeutic diets
- d) Naturopathy diet
- e) Therapeutic purposes of naturopathy diet
- f) List the uses of recommended dietary allowances

## **Unit 11**

- a) Explain Mid Day Meal Programme
- b) Integrated child development scheme (ICDs)
- c) National iodine deficiency disorder programme
- d) Explain the role of nurse in nutritional programmes
- e) Assessment of nutritional programme