

**MANIPAL COLLEGE OF NURSING**  
**MANIPAL UNIVERSITY**  
**(MANIPAL/ MANGALORE/ BANGALORE)**

**FIRST YEAR B.Sc. NURSING DEGREE EXAMINATION - JUNE 2011**

**SUBJECT: INTRODUCTION TO COMPUTERS (BSN 108)**

Monday, June 06, 2011

Time: 10:00 – 10:30 Hr.

Max. Marks: 25

**Answer ALL the questions.**

**1. Choose the single best answer to each of the following questions:**

1A. Binary digits are.

- |          |          |
|----------|----------|
| i) 0&2   | ii) 0-10 |
| iii) 1&2 | iv) 0&1  |

1B. The range of values that 8bit binary number can contain

- |            |           |
|------------|-----------|
| i) 0-256   | ii) 0-255 |
| iii) 0-127 | iv) 0-128 |

1C. Which is NOT an Operating System?

- |                 |                       |
|-----------------|-----------------------|
| i) MS DOS       | ii) Internet Explorer |
| iii) MS Windows | iv) Unix              |

1D. A set of lines used to transmit and receive data are referred to as

- |                  |                 |
|------------------|-----------------|
| i) data bus      | ii) address bus |
| iii) control bus | iv) None        |

1E. The fastest memory is

- |          |              |
|----------|--------------|
| i) CACHE | ii) RAM      |
| iii) ROM | iv) HARDDISK |

1F. ASCII stands for

- i) American Stable Code for International Interchange
- ii) American Standard Case for Institutional Interchange
- iii) American Standard Code for Information Interchange
- iv) American Standard Code for Interchange Information

1G. What is the term used when you press and hold the left mouse key and move the mouse around the slide?

- |                 |              |
|-----------------|--------------|
| i) Highlighting | ii) Dragging |
| iii) Selecting  | iv) Moving   |

1H. The shortcut to bold a letter in MS Word is

- |             |            |
|-------------|------------|
| i) Ctrl+B   | ii) Ctrl+I |
| iii) Ctrl+Z | iv) Ctrl+A |

- 1I. What happens when you click on Insert >> Picture >> Clip Art?
- It inserts a clipart picture into document
  - It lets you choose clipart to insert into document
  - It opens Clip Art taskbar
  - None of above
- 1J. From which menu you can insert Header and Footer?
- Insert Menu
  - View Menu
  - Format menu
  - Tools Menu
- 1K. Which is the function to find average of range of cells from B1 to B10?
- Avg(B1:B10)
  - Avg(B1#B10)
  - Average(B1toB10)
  - Average(B1: B10)
- 1L. The context of animations, what is a trigger?
- An action button that advances to the next slide
  - An item on the slide that performs an action when clicked
  - The name of a motion path
  - All of above
- 1M. The MS Dos command to open a text document is
- textedit
  - open
  - view
  - edit
- 1N. Set of rules framed for transmission on the net is called
- Home page
  - HTML
  - Web site
  - Protocol
- 1O. A central node that stores data files where all users can access them is
- file server
  - client
  - PC
  - None

(1×15 = 15 marks)

## 2. Short Answer Questions:

- 2A. Explain usage of computer in Nursing education.
- 2B. Discuss some demerits of internet.
- 2C. How multimedia can benefit Nursing practice?
- 2D. Define Booting and Burning.
- 2E. Justify the need of computerized hospital management system.

(2×5 = 10 marks)



**MANIPAL UNIVERSITY****FIRST YEAR B.Sc. NURSING DEGREE EXAMINATION – JUNE 2011****SUBJECT: ANATOMY AND PHYSIOLOGY (BSN 101)**

Thursday, June 16, 2011

Time: 10:00 – 13:00 Hrs.

Max. Marks: 75

**Answer Section 'A' and Section 'B' In Two Separate Answer Books.****SECTION "A": ANATOMY: 37 MARKS****1. Write briefly on:**

- 1A. Describe the structure of striated muscle?
- 1B. Describe the mammary gland?
- 1C. Describe the internal capsule?

(5×3 = 15 marks)

**2. Write short notes on each of the following:**

- 2A. Classification of simple epithelial with examples.
- 2B. Gluteus maximus.
- 2C. Coronary circulation.
- 2D. Bronchopulmonary segments of the lungs.
- 2E. Functional areas of brain.
- 2F. Middle ear.
- 2G. Histology of thick skin.

(2×7 = 14 marks)

**3. Choose the single best response for the following:**

- 3A. Which of the following nerves supplies the deltoid muscle
  - a) Median
  - b) Radial
  - c) Axillary
  - d) Musculocutaneous
- 3B. Chromosome material is present in which of the following organelle of cell?
  - a) Mitochondria
  - b) Nucleus
  - c) Golgi body
  - d) Lysosome
- 3C. Fibrocartilage is found in which of the following?
  - a) Pinna
  - b) Epiglottis
  - c) Intervertebral disc
  - d) Auditory tube
- 3D. Which of the following is the largest sesamoid bone of the body?
  - a) Talus
  - b) Pisiform
  - c) Patella
  - d) Scaphoid
- 3E. Which of the following is the outer covering of the bone?
  - a) Perichondrium
  - b) Periosteum
  - c) Perineurium
  - d) Perimysium
- 3F. Femoral artery is the continuation of which of the following arteries?
  - a) Common iliac
  - b) External iliac
  - c) Internal iliac
  - d) Popliteal



- 4E. Glucose is reabsorbed maximally in  
 a) Proximal convoluted tubule      b) Distal convoluted tubule  
 c) Loop of Henle                      d) Collecting duct
- 4F. Adrenal androgens are only secreted from  
 a) Zona glomerulosa                  b) Zona fasciculata  
 c) Zona reticularis                    d) Adrenal medulla
- 4G. Presence of the following hormone in urine is considered as the earliest sign of pregnancy  
 a) Progesterone                        b) Estrogen  
 c) Prolactin                              d) Human chorionic gonadotropin
- 4H. Pituitary tumor compressing the centre part of optic chiasma will result in  
 a) Complete blindness of both eyes    b) Bitemporal hemianopia  
 c) Homonymous hemianopia            d) Homonymous hemianopia with macular sparing
- 4I. Which of the following cranial nerve carry general sensations from face?  
 a) Facial nerve                         b) Trigeminal nerve  
 c) Vagal nerve                         d) Glossopharyngeal nerve
- 4J. Lesion to the dorsal nerve root of spinal cord will lead to  
 a) Motor paralysis                      b) Sensory loss  
 c) Both                                      d) Increase in muscle tone

( $\frac{1}{2} \times 10 = 5$  marks)

5. Define cardiac cycle and briefly explain the pressure and volume changes that occur during different phases of cardiac cycle with the help of labeled diagram.

(1+2+2+3 = 8 marks)

6. Give **one** most important function for each of the following structures.

- 6A. Cerebellum  
 6B. Basal ganglia  
 6C. Thalamus  
 6D. Limbic system  
 6E. Hypothalamus

(1×5 = 5 marks)

7. **Write short notes:**

- 7A. Explain the role of chemoreceptors in the regulation of respiration. (2+2 = 4 marks)
- 7B. Draw a labeled diagram and briefly explain the mechanism of defecation reflex. (2+2 = 4 marks)
- 7C. List any four actions of thyroid hormone on human body and explain with the help of a diagram/flow chart the regulation of thyroxine secretion. (2+2 = 4 marks)

8. **Write short notes:**

- 8A. Enumerate the factors determining the GFR in normal human. (2 marks)
- 8B. List any two differences between apocrine and eccrine sweat glands. (1+1 = 2 marks)
- 8C. List one temporary and one permanent method of contraception in female. (1+1 = 2 marks)
- 8D. Name the photo receptors and mention their function. (1+1 = 2 marks)



## MANIPAL UNIVERSITY

## FIRST YEAR B.Sc. NURSING DEGREE EXAMINATION – JUNE 2011

## SUBJECT: NURSING FOUNDATIONS (BSN 103)

Friday, June 17, 2011

Time: 10:00 – 13:00 Hrs.

Max. Marks: 75

✍ Answer all questions.

1. Choose the SINGLE BEST answer for each of the following questions.

1A. The interpersonal theory is proposed by

- a) Betty Neuman                      b) Carl Rogers  
c) Dorothea Orem                    d) Hildegard Peplau

1B. The skill which involves both hearing and interpreting what the other individual says is

- a) Humor                      b) Listening                      c) Silence                      d) Touch

1C. Following are the levels of prevention EXCEPT

- a) Preliminary                      b) Primary                      c) Secondary                      d) Tertiary

1D. Part of the brain which controls the body temperature is

- a) Cerebrum                      b) Cerebellum                      c) Hypothalamus                      d) Medulla

1E. The term which describes absence of breathing is known as

- a) Apnea                      b) Asystole                      c) Dyspnea                      d) Eupnea

1F. The position which is used for physical examination of rectum is

- a) Dorsal recumbent                      b) Lateral recumbent  
c) Prone                      d) Sim's

1G. The pulse which is felt behind the knee is

- a) Femoral                      b) Pedal                      c) Popliteal                      d) Radial

1H. Triple hazards of fire includes all of the following EXCEPT

- a) Asphyxia                      b) Burns                      c) Confusion                      d) Trauma

1I. Fungal disease that causes scaly and cracking of the skin between the toes is called as

- a) Callus                      b) Koilonychia                      c) Paronychia                      d) Tinea Pedis

1J. Stomatitis refers to the inflammation of

- a) Intestine                      b) Mouth                      c) Stoma                      d) Stomach

- 1K. The method used for destroying contaminated material by burning is called  
a) Flaming            b) Incineration        c) Inspissation        d) Pasteurization
- 1L. An example for airborne infection is  
a) Malaria            b) Meningitis            c) Tuberculosis        d) Typhoid
- 1M. Preferable site used for administering IM injection in neonates is  
a) Deltoid            b) Dorsogluteal        c) Vastus lateralis    d) Ventrogluteal
- 1N. A wound where the skin layers have been scraped off is known as  
a) Abrasion            b) Incision              c) Laceration            d) Puncture
- 1O. Pain in an area other than the source of pain is known as  
a) Intractable pain                            b) Referred pain  
c) Phantom pain                                d) Psychogenic pain

(1×15 = 15 marks)

2. Mr. Varun got admitted in orthopedic ward with fracture of femur and is on traction and is confined to bed. Patient has not taken bath for last three days. Considering the situation, answer the following.

2A. List the Principles of bed bath

2B. Explain the nurses responsibility in giving bed bath

(4+9 = 13 marks)

3A. Define surgical Asepsis.

3B. Explain the principles of surgical asepsis.

(2+10 = 12 marks)

4. **Write short notes on the following:**

4A. Levels of prevention.

4B. Types of admission with examples.

4C. Types of nursing diagnosis.

4D. Developmental stages of pressure sores.

4E. Universal precautions to prevent infections.

4F. Types of wounds.

4G. Care of dying patient.

(5×7 = 35 marks)



## MANIPAL UNIVERSITY

## FIRST YEAR B.Sc. NURSING DEGREE EXAMINATION – JUNE 2011

## SUBJECT: MICROBIOLOGY (BSN 106)

Monday, June 20, 2011

Time: 10:00 – 13:00 Hrs.

Max. Marks: 75

- ✍ Answer ALL questions. Write answers that are clear, relevant and legible.  
 ✍ Illustrate your answers with neatly drawn and correctly labeled diagram wherever appropriate.

## 1. Answer the following essay questions:

- 1A. Enumerate the diseases caused by Clostridia. Discuss the pathogenicity and laboratory diagnosis of Gas gangrene. (3+3+4 = 10 marks)
- 1B. Define Hypersensitivity. Classify the various hypersensitivity reactions with examples for each. Write in detail about Type 1 Hypersensitivity. (1+4+5 = 10 marks)
- 1C. Define the term Sterilisation. List the various methods used for sterilization and disinfection. Discuss the sterilisation methods by moist heat. (2+2+6 = 10 marks)

## 2. Write Short Notes on:

- 2A. Bacterial spore.  
 2B. Gram stain.  
 2C. Toxins and enzymes produced by *Staphylococcus aureus*.  
 2D. Laboratory diagnosis of HIV infection.  
 2E. Laboratory diagnosis of malaria.  
 2F. Polio vaccines. (5×6 = 30 marks)

## 3. Choose the single best answer for the following:

- 3A. Robert Koch is NOT associated with:  
 a) Discovery of tubercular bacilli      b) Disproved spontaneous generation theory  
 c) Introduction of staining techniques      d) Koch's postulates
- 3B. Antistreptolysin O test is diagnostic of:  
 a) Acute rheumatic fever      b) Acute glomerulonephritis  
 c) Cellulitis      d) Endocarditis
- 3C. An example of negative staining is  
 a) Gram staining      b) Fontana staining  
 c) India ink preparation      d) Ziehl-neelsen staining



- 3D. Elek's gel precipitation test is done for toxigenicity testing of:
- a) *Corynebacterium diphtheriae*      b) *Mycobacterium tuberculosis*  
 c) *Treponema pallidum*                      d) *Clostridium perfringens*
- 3E. In the first week of illness, typhoid is diagnosed by
- a) Widal test                                      b) Stool culture  
 c) Blood culture                                  d) Urine culture
- 3F. Which of the following is **NOT** a mechanism for gram reaction
- a) Acidic protoplasm                              b) Lipid content theory  
 c) Nuclear permeability                        d) Magnesium ribonucleate theory
- 3G. What percentage of  $H_2SO_4$  is used for ZN staining of *M. tuberculosis*
- a) 0.5%    b) 1%    c) 5%    d) 20%
- 3H. Bullet shaped virus is
- a) Rabies    b) Hepatitis                                      c) HIV    d) Rubella
- 3I. Which of the following is a Yeast fungus?
- a) *Aspergillus flavus*                              b) *Candida albicans*  
 c) *Microsporium spp.*                              d) *Trichophyton spp.*
- 3J. Anaphylaxis is mediated by:
- a) Ig A    b) Ig E    c) Ig G    d) Ig M
- 3K. Particulate antigen combining with an antibody gives:
- a) Precipitation reaction                        b) Agglutination reaction  
 c) Flocculation reaction                        d) All of the above
- 3L. Generalised macula-papular rashes in children is seen in:
- a) Poliomyelitis                                      b) Hepatitis  
 c) Rabies    d) Measles
- 3M. Infective stage in *Entamoeba histolytica* infection is:
- a) Quadrinucleate cyst                              b) Trophozoite  
 c) Embryonated egg                                d) Binucleate cyst
- 3N. Malignant tertian malaria is caused by:
- a) *Plasmodium falciparum*                        b) *Plasmodium vivax*  
 c) *Plasmodium ovale*                                d) *Plasmodium malariae*
- 3O. Infections acquired in hospitals are called as:
- a) Auto infections                                b) Nosocomial infections  
 c) Primary infections                              d) Emerging infections

(1×15 = 15 marks)



**MANIPAL UNIVERSITY****FIRST YEAR B.Sc. NURSING DEGREE EXAMINATION – JUNE 2011****SUBJECT: PSYCHOLOGY (BSN 105)**

Tuesday, June 21, 2011

Time: 10:00 – 13:00 Hrs.

Max. Marks: 75

**1. Write essay on any FIVE of the following:**

- 1A. Describe the classical conditioning theory.
- 1B. Define forgetting and elaborate the theories of forgetting.
- 1C. Discuss the scope of psychology.
- 1D. Describe various methods of psychology.
- 1E. Define personality and discuss the trait cum type approach to personality.
- 1F. Define memory and discuss techniques of improving.
- 1G. Discuss the factors affecting attention.

(8×5 = 40 marks)

**2. Write short notes on any SEVEN of the following:**

- 2A. Movement illusion
- 2B. Self-actualization theory
- 2C. Problem solving
- 2D. Characteristics of emotion
- 2E. Motives
- 2F. Laws of learning
- 2G. Theories of transfer
- 2H. Types of memory
- 2I. Group factor theory of intelligence
- 2J. Types of aptitude tests

(5×7 = 35 marks)



**MANIPAL UNIVERSITY****FIRST YEAR B.Sc. NURSING DEGREE EXAMINATION – JUNE 2011****SUBJECT: NUTRITION AND BIOCHEMISTRY (BSN 102)**

Thursday, June 23, 2011

Time: 10:00 – 13:00 Hrs.

Max. Marks: 75

**Answer Section – 'A' and Section – 'B' in two separate answer books.****SECTION – A : NUTRITION : 45 MARKS****1. Choose the single best answer to each of the following:**

- 1A. Kcal yielded by one gram of carbohydrate is  
a) 3                      b) 4                      c) 8                      d) 9
- 1B. Provitamin for vitamin A is  
a) Carotene                      b) Ergocalciferol  
c) Retinol                      d) Retinoic acid
- 1C. Deficiency of vitamin D among children results in the following disease  
a) Keratomalacia                      b) Osteomalacia  
c) Rickets                      d) Xerophthalmia
- 1D. The two major factors that regulate the movement of water and electrolytes from one fluid compartment to the next are  
a) Concentration of all electrolytes combined and water pressure  
b) Hydrostatic pressure and osmotic pressure  
c) Hydrostatic pressure and potassium concentration  
d) Sodium concentration and osmotic pressure
- 1E. Renin is secreted by kidneys in response to  
a) Decrease in ECF volume and low BP  
b) Increase in ECF and high BP  
c) Normal ECF  
d) All of the above
- 1F. The following is an example for a macro mineral  
a) Copper                      b) Iron                      c) Magnesium                      d) Manganese
- 1G. Extra calories from carbohydrates are deposited in the body as  
a) Adipose tissue                      b) Fat                      c) Glycogen                      d) Muscle tissue
- 1H. Raffinose is an example for  
a) Disaccharide                      b) Monosaccharide  
c) Oligosaccharide                      d) Polysaccharide
- 1I. The breakdown of large fat globules into smaller, uniformly distributed particles is known as:  
a) Emulsification                      b) Refinement  
c) Saponification                      d) Saturation
- 1J. Proteins are composed of  
a) Carbon, hydrogen, oxygen                      b) Hydrogen, sulphur, oxygen  
c) Carbon, hydrogen, nitrogen                      d) Nitrogen, phosphorus, chlorine

(1×10 = 10 marks)

- 2A. Define balanced diet  
2B. Explain the principles of planning a balanced diet

(2+5 = 7 marks)

3. Explain principles of cooking

(8 marks)

**4. Write short notes on the following:**

- 4A. Functions and dietary sources of vitamin A.  
4B. Factors affecting basal metabolic rate.  
4C. Tetany.  
4D. Functions of World Health Organization.  
4E. Nutritional problems in India.

(4×5 = 20 marks)

**SECTION – B : BIOCHEMISTRY : 30 MARKS**

**5. Choose the single best response for the following.**

- 5A. Enzymes are

- a) Proteins in nature                      b) Requires coenzymes for functions  
c) Inactivated by heat                      d) All of the above

- 5B. The substrate level phosphorylation step is

- a) Isocitrate to oxaloacetate                      b) Succinate to fumarate  
c)  $\alpha$ -ketoglutarate to succinyl CoA                      d) Succinyl CoA to succinic acid

- 5C. The branched component of starch is

- a) Glucose                      b) Amylopectin                      c) Amylose                      d) Maltose

- 5D. Glutathione is a tripeptide consisting of glutamic acid, cysteine and

- a) Serine                      b) Glycine                      c) Leucine                      d) Phenylalanine

- 5E. The active form of vitamin D is

- a) 25 cholecalciferol                      b) 24, 25 dihydroxy cholecalciferol  
c) 1,25 dihydroxy cholecalciferol                      d) 7-dehydro cholesterol

- 5F. Glycosuria is a common feature of

- a) Diabetes insipidus                      b) Jaundice  
c) Diabetes mellitus                      d) None of the above

(1×6 = 6 marks)

**6. Answer the following questions.**

- 6A. Write note on competitive inhibitors.

- 6B. Write a note on oxidative phosphorylation.

- 6C. Write the biochemical defect in the following disorders

- i) Pellagra                      ii) Nyctalopia                      iii) Diabetes mellitus

- 6D. Name the specialized compounds formed from methionine.

(3×4 = 12 marks)

**7. Answer the following:**

- 7A. Explain the metabolism of iron under the following headings

- i) Absorption and transport                      ii) Biochemical function

- 7B: What is normal blood urea level? Describe the formation of urea in the body.

(6×2 = 12 marks)



## MANIPAL UNIVERSITY

FIRST YEAR B.Sc. NURSING DEGREE EXAMINATION – JUNE 2011

SUBJECT: ENGLISH (BSN 107)

Friday, June 24, 2011

Time: 10:00 – 13:00 Hrs.

Max. Marks: 75

## 1A. Identify the part in the following which has an error in it:

- i) Ranjana and me / studied in the same school / for five years. / NO ERROR  
A B C D
- ii) We are able to complete/ many works at a shorter time/ with the help of/ the new programme.  
A B C D
- iii) The project / will be completed / in a year. / NO ERROR  
A B C D
- iv) There is a new restaurant / in the town, / isn't it? / NO ERROR  
A B C D
- v) Being a honest person,/ he did not want / to mislead the patient./ NO ERROR  
A B C D

(1×5 = 5 marks)

## 1B. Choose the correct form of verb from the brackets:

- i) My friend said that he \_\_\_\_\_ (can solve / could solve) the puzzle.  
ii) Neither Raksha nor her friends \_\_\_\_\_ (was / were) present at the party.  
iii) Some of your advice \_\_\_\_\_ (has / have) been quite useful.  
iv) Everyone \_\_\_\_\_ (want / wants) to be happy in this world.  
v) I \_\_\_\_\_ (have met / met) the doctor last week.

(1×5 = 5 marks)

## 1C. Rewrite the following as directed:

- i) Susan asked the teacher, "When will we get our results?"  
(Rewrite using reported speech.)  
ii) The nurse told the patient, "Switch off the mobile, please."  
(Rewrite using reported speech.)  
iii) The college celebrates the Annual Day in January. (Change into passive voice)  
iv) They changed the college rules. (Change in to passive voice.)  
v) The patient has paid all the bills. (Change in to passive voice.)

(1×5 = 5 marks)

## 2A. Identify the appropriate synonym given for the following words:

- i) **chaos**  
a) disorder      b) systematic      c) careless      d) happy
- ii) **defer**  
a) propose      b) recommend      c) postpone      d) advance

(2 marks)

## 2B. Identify the appropriate antonym given for the following words:

- i) **compassion**  
a) kindness      b) generosity      c) indifference      d) jealousy
- ii) **anxiety**  
a) nervousness      b) bravery      c) reassurance      d) concern

(2 marks)

2C. **Choose the correct word from the brackets:**

- i) We need to \_\_\_\_\_ her about the ways to tackle the problem. (counsel / council)
- ii) He is afflicted by a different kind of \_\_\_\_\_ (disease / decease)
- iii) One should never \_\_\_\_\_ composure in nursing profession. (loose / lose)

(3 marks)

2D. **Choose the correct phrasal verb from the brackets and fill the gap:**

- i) The speaker was forced to \_\_\_\_\_ his speech due to time constraints. (cut out/ cut short)
- ii) The management was forced to \_\_\_\_\_ the demands of the employees for a pay hike. (give into / give away)
- iii) They \_\_\_\_\_ the strike after the minister's promise to address their demands (called off / called up)

(3 marks)

3A. **Transcribe the following words phonemically:**

TOOTH  
CHEW  
CABIN  
COTTON  
COUGH

( $\frac{1}{2} \times 5 = 2\frac{1}{2}$  marks)

3B. **Mark the primary accent on the following words:**

Precaution  
Abroad  
Confidential  
Anxious  
Opportunity

( $\frac{1}{2} \times 5 = 2\frac{1}{2}$  marks)

4A. **Read the following passage and answer the questions set on it:**

Here's a meal-by-meal guide to eating for energy and managing your mood with food.

**Breakfast**

Eating a good breakfast boosts your concentration and heightens your energy, particularly in the morning when you may need it most. Without breakfast, you're more likely to make that second pot of coffee by mid-morning.

Instead, keep your blood sugar on an even keel with complex carbohydrates. Avoid refined carbohydrates, such as white bread and white sugar. These have a high glycemic index, which can cause spikes and dips in your blood sugar levels.

The right complex carbohydrates provide your brain and muscles with the steady flow of the energy they need. Grains are great sources of B vitamins, which aid in the metabolic production of energy. The best carbohydrate choices for breakfast are natural whole-grain breads and cereals.

For the best breakfast, add a low-fat protein, such as yogurt, cottage cheese, or skim milk, and watch your fat intake as well as your meat consumption (meat takes more energy to digest).

### **Mid-morning snack**

Turns out, snacking may not be such a bad idea. Eating every few hours helps your body use nutrients more efficiently. It stimulates your metabolism, keeps your blood sugar levels steady, reduces stress on your digestive system, and decreases hunger, which means you'll be less likely to overeat when mealtime finally rolls around.

Fruits and vegetables deliver a low-fat, high-fiber alternative to the vending machine choices. Raw carrots and sugar snap peas, for example, provide a crisp, satisfying crunch and won't zap your energy. Challenge yourself to eat at least five servings of fruits and vegetables each day.

For maximum energy throughout the day, avoid foods that are laden with simple sugars, such as cookies, pastries, candy bars, and sodas, which can bring on erratic blood sugar levels. Instead, try some lean protein (low-fat yogurt, cottage cheese or lean meat) to help tide you over until lunch.

### **Lunch**

At midday, go light. Because a hefty helping of carbohydrates can increase the amount of serotonin in the brain and cause that sleepy feeling, instead focus on low-fat protein. Protein can actually raise energy levels by increasing brain chemicals called catecholamines. Eat a lunch of low-fat cheese, fish, lean meat, poultry, or tofu.

### **Mid-afternoon snack**

Choose something that will keep you satisfied until dinner. A little bit of fat is fine. It gives those carbohydrates and proteins some staying power. My favorite? All-natural peanut butter and a few crackers.

### **Before your work-out**

Carbohydrates are fastest to digest and pack quick energy. Add protein for staying power, but stay away from fats. They can make you cramp.

### **Dinner**

The agenda for the evening can dictate what you'll eat for dinner. Need to stay on overdrive for back-to-school night? Choose low-fat proteins. If you're in relax mode, indulge a little.

Whatever's on the menu, remember the Pie Test. Envision your plate as a pie. Seventy-five percent of the pie should be filled with fruits, vegetables, and grains and 25 percent with other foods, such as dairy products and meat.

### **Before bed**

Before turning in, a carbohydrate-rich snack can supply serotonin to help you fall asleep. But go easy. Too much food can reduce the quality of your sleep.

Eating for energy is one of the most effective, powerful, and fast-acting mood-boosters. Try it today and see!

- i) Which of the following is **true** according to the passage?
  - a) A cup of coffee in the morning is better for health.
  - b) A good breakfast in the morning is better for health.
  - c) A second cup of coffee in the morning is better for health.
- ii) The best carbohydrate choices for breakfast are
  - a) white bread and white sugar
  - b) natural whole-grain breads and cereals
  - c) both a) and b)
- iii) Adding a good amount of meat for the breakfast leads to good health. **True / False**
- iv) Eating every few hours
  - a) is good for health
  - b) is not good for health
  - c) results in overeating
- v) Which of the following snack would provide you more energy ?
  - a) Cookies
  - b) Pastries
  - c) Low-fat yoghurt
- vi) Which of the following component is desirable for the body as a part of lunch?
  - a) Carbohydrates
  - b) Protein
  - c) Sugar
- vii) Which of the following component is **not very much desirable** for human body?
  - a) Carbohydrates
  - b) Protein
  - c) Fat
- viii) Which of the following is true according to the passage?
  - a) Major portion of your dinner should include vegetables and fruits.
  - b) Your dinner should not include any meat or dairy products.
  - c) Your dinner can include meat, vegetables and fruits.
- ix) A selective snack before going to bed can induce sleep. **True / False**
- x) According to the passage
  - a) There is connection between the mood of a person and his intake of food.
  - b) There is no connection between the mood of a person and his intake of food.
  - c) Food is the only reason for changes in a person's mood.

(1×10 = 10 ma

4B. Write a paragraph of not more than 100 words in your own words on right type of breakfast, lunch and dinner in your area.

(5 ma

5. You have completed your nursing course and wish to work in abroad. You have cleared required tests for working abroad. A hospital in the UK is looking for fresh nursing graduates. Write a letter of application to the Dean, HR Department, XYZ Hospital, and London seeking chance to serve in the hospital.

You must also prepare a Resume' to be sent along with the application.

(6+4 = 10 ma



**Make a précis (summary) of the following passage and suggest a suitable title to it:**

It is the commonest ailment in the world, affecting 90% of people all over the globe. Throbbing and pounding, HEADACHE generates billions of dollars each year for aspirin manufacturers. Yet despite its universality, the simple pain in the head is not completely understood. According to Seymour Solomon, director of the Headache unit at Montefiore Medical Center, New York, "It's only in the past decade we've begun to understand the pain mechanisms, and there is still a lot to be learned."

But where does the pain come from in the first place?

Researchers know that people get headaches for all sorts of reasons – anything from muscular tensions to brain tumors. For example, tension headache usually results from psychological stress. This in turn may cause scalp muscles to contract too hard or too long. Nerve endings in the scalp, stimulated by the tightened muscles, relay electrochemical impulse to the brain, which interprets the signal as pain.

The notorious and dreaded migraine generates pain in a somewhat different way.

Blood vessels in the scalp alternately shrink and swell and, while swollen, allow certain biochemical to seep through the vessel walls to the surrounding tissue. There the chemicals initiate an inflammatory reaction, which stimulates nerve endings to send a signal to the brain.

About 10 percent of all headaches are caused by disease. Tumors can stretch and irritate the covering of the brain. And fever resulting from inflammations, such as those of the eyes, ears, nose, or neck can swell blood vessels in the head.

In chronic headaches, psychological factors are thought to loom large, aggravating, perpetuating – and at times even initiating – head pain.

What about the 10 percent of population that does not get headaches? Says Solomon, "We do not understand why the brain sometimes registers pain and other times does not."

(10 marks)

Write an essay on **any ONE** of the following in about 300-400 words:

- a) Pollution- Causes and Solutions.
- b) My Favourite Book
- c) Do We Need Reservation for Women in India?

(10 marks)

