

# Question Paper

Exam Date & Time: 22-Oct-2022 (10:08 AM - 12:00 PM)



**MANIPAL ACADEMY OF HIGHER EDUCATION**  
**SECOND SEMESTER B.Sc. NURSING DEGREE EXAMINATION - OCTOBER 2022**  
**SUBJECT: NUTR 140 – APPLIED NUTRITION & DIETETICS**

**Marks: 42**

**Duration: 112 mins.**

**Answer the following questions:**

**1. Essay:**

- 1A. Describe the nutritional requirements during pregnancy. (6)  
1B. Explain the dietary recommendations for a diabetes mellitus patient. (4)

**2. Short note:**

- 2A. Explain the effects of cooking on carbohydrates and proteins. (5)  
2B. Explain clinical assessment used in nutritional status. (5)  
2C. Explain the role of a nurse in vitamin A deficiency prophylaxis program. (5)  
2D. Describe the functions of vitamin C. (5)

**3. Short answers:**

- 3A. Name the methods used in food storage. (2)  
3B. Describe the factors influencing food habits. (2)  
3C. Describe the Recommended Daily Allowance (RDA) of fat for an adult. (2)  
3D. List the factors affecting basal metabolic rate (**Any FOUR**). (2)  
3E. Explain the functions of proteins (**Any FOUR**). (2)  
3F. List the functions of calcium. (2)

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