

FACULTY OF ALLIED HEALTH SCIENCES, UNIVERSITY OF RUHUNA

Department of Nursing

2nd End Semester Examination – 2020 – 11th Batch Nutrition in Nursing (NUR 1261) – SEQ

Date:	8 th October 2020	Time:	10.30 a.m11.30 a.m.	Duration: 1 hour
Index	Number:	• • • • • • • • • • • • • • • • • • • •	***	
Answ	er all questions			
			who is participating a communior a group of teenage pregnant r	
1.1	l List three (03) importa	ant micronutr	ients for pregnant mothers.	(6 marks)

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1.2	2 Describe the important	e of taking c	alcium supplements from 2 nd tri	mester of pregnancy. (20 marks)
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1.3	Discuss how would you educate these mothers about healthy dietary practices to prevent				
	anaemia during pregnancy.	(20 marks)			
1.4	Briefly explain the role of micronutrients in the human body.	(20 marks)			
1. 1	Briefly explain the fore of informations in the number oody.	(20 marks)			

1.5 Iron deficiency anaemia is a common nutritional disorder.	
a) State three (03) symptoms of iron deficiency anaemia.	
b) State four (04) causes for iron deficiency anaemia.	
c) Briefly explain the factors affecting iron absorption.	





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Answer all questions			
2.	đe.	*	
2.1 Mention five (05) effects of ag	ging proces	ss that affect to nutritional sta	tus of elderly people. (10 marks)
2.2 List five (05) nutritional probl	ems of eld	lerly patients that you have se	
			(15 marks)

2.3 What is diet therapy?			(10 marks)

2.4 List four (04) objectives of diet therapy.	(20 marks)

2.5 Outline the effect of cancer on nutritional status of an individual.	(45 marks)