

**POST GRADUATE CERTIFICATE / DIPLOMA
IN PEDIATRIC NUTRITION
(PGCPDN/PGDPDN)**

00051 **Term-End Examination
December, 2014**

**MFN-021 : CHILDHOOD NUTRITION : BASIC
CONCEPTS AND PHYSIOLOGICAL REQUIREMENTS**

Time : 3 hours

Maximum Marks : 100

*Note : Attempt five questions in all. All questions carry
equal marks.*

1. While reading a research paper on nutritional assessment of children you come across the data for anthropometry presented as WAZ , HAZ and BAZ. What do these indices imply ? Give the classification commonly used for categorizing children into different grades of malnutrition using these indices. 10+10

2. (a) A significant rise in per capita daily average intake of fat is observed during the last decade in both urban and rural areas in India. What are the physiological/health implications of different fats/fatty acids in the diets of children ? 10

(b) Highlighting the fat and fatty acid requirements for infants and children, what handy guidelines would you advocate regarding choice of cooking oil for optimum health ?

5+5

3. A young mother reads in a health magazine that "Exclusive breast-feeding ensures safe nutrition to the infant and all-round development of health". As a nutrition expert comment on the statement giving appropriate justifications.

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4. You have conducted a dietary assessment (using food frequency and amount questionnaire) of a group of pre-school children, 1 – 3 years of age. When you process the food records, you find mean energy intake of 850 kcal, protein intake 14 g/d, calcium 400 mg and iron 5 mg/d. Provide a brief summary of how you should consider your data in the light of the recommended dietary allowances for this age group. What would you recommend ?

10+10

5. Evidence suggests that maternal malnutrition seriously impairs foetal outcome. Write a 500 word summary of the effect of maternal anthropometric status and dietary intake on the foetal outcome.

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6. Write short notes on any *four* of the following : 5+5+5+5

- (a) Critical periods in the life cycle
 - (b) Improving the protein quality of cereal-based diets
 - (c) Factors influencing iron absorption
 - (d) Undernutrition age trends and consequences among children
 - (e) Nutrient requirements of adolescent girls
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