

**MASTER OF SCIENCE (DIETETICS AND  
FOOD SERVICE MANAGEMENT)**

**Term-End Examination**

**December, 2015**

**MFN-006 : PUBLIC NUTRITION**

*Time : 3 hours*

*Maximum Marks : 100*

*Note : Answer five questions in all. Question No. 1 is compulsory. All questions carry equal marks*

1. (a) Define/Explain the following : 12
- (i) Green revolution
  - (ii) Ariboflavinosis
  - (iii) Fertility rate
  - (iv) BMI
  - (v) Consumption Unit
  - (vi) Genetically modified foods
- (b) Give one term/word for the following : 8
- (i) Dirty white, foamy and raised spots formed on the surface of conjunctiva of eye in Vitamin A deficiency.
  - (ii) Spoon shaped nails formed in severe iron deficiency.
  - (iii) Two vitamins whose deficiency can lead to megaloblastic anemia.
  - (iv) Spongy bleeding gums result from the deficiency of which vitamin.

- (v) Nutritional disease occurring in children due to lack of Vitamin D is called.
  - (vi) Number of deaths of women from pregnancy related causes per 100,000 live births.
  - (vii) Thinness or a low weight for height is called.
  - (viii) All pregnant women are given 2 doses of TT as immunization against this disease.
2. (a) List at least four important programs for control of malnutrition in India. List the objectives and the beneficiaries of any two of the programs. 8
- (b) Discuss the benefits of 'Food based strategies' in combating public nutrition problems. 7
- (c) Describe the clinical manifestations of Beriberi. 5
3. (a) Critically review any two food security and the National Anemia Control Programs and suggest actions needed for improving the programs. 5+5
- (b) What are the different employment generation programs launched by the Indian government ? Briefly describe the components of these programs. 10

4. (a) What are the objectives and components of nutritional monitoring ? 8
- (b) Discuss briefly the reasons why children develop PEM. 7
- (c) What are the stages of the demographic cycle through which a nation passes ? 5
5. (a) Discuss the approaches which have been used to reduce iodine deficiency disorders in the country. 7
- (b) What do you understand by 'need assessment' in a community ? What are the different types of needs of a community ? 7
- (c) Enumerate the guidelines you would follow to design effective nutrition education messages for your target audience. 6
6. (a) Describe the Diet history method of diet survey. What are its uses and limitations ? 6
- (b) What do you understand by dietary diversification ? Explain giving examples of small changes that can be made in the diet to improve its micronutrient content. 6
- (c) Discuss the factors affecting food behaviour. 8
7. (a) Comment on the role of a Public Nutritionist in the health care delivery system. 5
- (b) Discuss why nutrition education is an important activity. 5

- (c) Comment on MUAC as a useful measure of nutritional status 5
- (d) What causes Fluorosis ? What can be done to prevent this disease ? 5

8. Write short notes on **any four** of the following :

- (a) Levels of Health care 5+5+5+5
  - (b) Prevention of Vitamin A deficiency
  - (c) Ecological factors for assessment of nutritional status
  - (d) NFHS
  - (e) Economics of malnutrition
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