

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

Term-End Examination

December, 2015

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

Time : 3 hours

Maximum Marks : 100

*Note : (i) Attempt five questions in all.
(ii) All questions carry equal marks.*

1. A leading health magazine has invited you to contribute an article on "Critical Periods of Life Cycle". With the help of a figure illustrate the critical periods from time before birth till adolescence and explain these critical periods of life cycle. **5+15**
2. As a nutritionist attached to a pediatric clinic you are required to assess the nutritional status of children coming to the clinic. Using the measurements of body size how will you assess the nutritional status of children ? Explain highlighting the measures, indices, cut-offs, and the standards you will use to categorize children into different grades of malnutrition. **5+5+5+5**
3. (a) Discuss PDCAAS (Protein Digestibility Corrected Amino Acid Score) as a measure adopted for assessing protein quality (word limit 400 words). **10**

- (b) Write a 400 words article on : 2+3+3+2

“Nutritionally Important Polyunsaturated Fatty Acids”. Your article should focus on what are polyunsaturated fatty acids, how are they grouped/classified, what is their role (specific to foetal and early growth development) and their food sources ?

4. Dietary assessment of a group of pregnant women (in the 3rd trimester of pregnancy) showed the nutrient intake to be : 1900 k cal energy, 45 g protein, 800 g calcium and 20 g iron. How will you consider this data in the light of the recommended dietary allowances for pregnant women ? What nutrient intake and dietary pattern/food intake would you recommend ? 10+10
5. (a) As part of children's day celebrations a health mela has been organized in a school. As a pediatric nutritionist attached to the school you are required to prepare a leaflet enlisting "Points to be kept in mind while feeding pre school children". Prepare the leaflet in the form of bullet points you will advocate to mothers. (Include 10 points). 10
- (b) An adolescent girl reads in a health magazine that nutrient needs peak during Adolescent period. What is the evidence for this piece of information ? Discuss (in 400 words) in the light of growth pattern during adolescence and the nutrient need and food intake. 10

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

5+5+5+5

- (a) Guidelines for good breastfeeding practices.
 - (b) Absorption of iron from a typical vegetarian diet.
 - (c) Methods of Diet Survey.
 - (d) Biochemical tests for diagnosing anaemia.
 - (e) Riboflavin - Functions, recommended intake for adults and deficiency conditions.
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