

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

Term-End Examination

December, 2015

**MFN-022 : CHILDHOOD NUTRITION : IN
HEALTH AND DISEASE**

Time : 3 hours

Maximum Marks : 100

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

1. India has the highest number of Low Birth Weight (LBW) babies each year. It is a challenging task to manage the nutritional intake during the just few days and thereafter. As a pediatric nutritionist what guidelines would you give to care takers on nutritional management and selection of appropriate feeding method for LBW and pre-term infant. 10+10
2. (a) Give the recommended criteria you will adopt to identify the following : 5
 - (i) Moderate under nutrition and Severe Acute Malnutrition (SAM) in children.
 - (ii) Overweight and obesity in children
- (b) Write a 400 word article for a newspaper on "Risk factors, causes and consequences of childhood obesity". 15

3. (a) As a nutrition expert you have been invited for a TV talk show on 'Implications of iron and iodine deficiency in pregnancy and childhood'. In 300 - 400 words present the talk you would deliver for poor young women. **10**
- (b) Propose a strategy you would advocate for the management of dehydration and diarrhoea in malnourished children. **10**
4. (a) Present the nutritional and dietary considerations you would follow for chronic kidney disease in children. **10**
- (b) As a diabetic educator you are required to educate a mother of a 13 year old boy (suffering from Type I Diabetes) regarding the use of food exchange take and carbohydrate counting in planning diet for him. Explain the concept you will advocate. **10**
5. As a pediatric nutritionist you are required to prepare handouts for parents regarding foods to include and foods to avoid for children with the following disorders. **5+5+5+5**

In the form of bullet points prepare the handout individually for each of the following disease condition.

- (a) Celiac Disease
- (b) Acne
- (c) Liver Cirrhosis
- (d) Galactosemia

6. Write short notes on any four of the following : 5+5+5+5
- (a) Strategies for the prevention of iron deficiency anaemia in women and children.
 - (b) Consequences of Riboflavin deficiency
 - (c) Health programmes under National Rural Health Mission (NRHM)
 - (d) Objectives, beneficiaries and programme component of Mid Day Meal Programme
 - (e) Metabolic Syndrome
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