

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

Term-End Examination,

December 2019

MFN-006 : PUBLIC NUTRITION

Time : 3 Hours]

[Maximum Marks : 100

Note : (i) Attempt five questions in all.

(ii) Question No. 1 is compulsory.

(iii) All questions carry equal marks.

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1. a) Differentiate between the following sets of terms: 10
- i) Night blindness and goitre
 - ii) FFQ and 24 hour recall
 - iii) Nutrition monitoring and Nutrition surveillance
 - iv) Wasting and stunting
 - v) Food security and Nutrition security
- b) List the symptoms of the deficiency of the following nutrients in our body: 10
- i) Riboflavin
 - ii) Vitamin C
 - iii) Iron
 - iv) Protein
 - v) Vitamin A

(2)

2. a) Briefly explain what does the study of public nutrition entails. Highlight your role as a public nutritionist in our country. 10
- b) Briefly discuss the measures/ strategies you would adopt for the prevention treatment of vitamin A deficiency in the country. 10
3. Explain briefly : 5+5+5+5
- a) Economic consequences of malnutrition.
- b) Causes of Protein Energy Malnutrition (PEM)
- c) Biochemical assessment in nutritional status assessment.
- d) Implications of Vital statistics in population growth.
4. a) You have been asked to assess the nutritional status of children in a preschool centre. What sample field based method you would use to assess its nutritional status? Also present the standards you will use to categorize children into different grades of malnutrition . 10
- b) Present a brief review on the Food security programs implemented by the government. Highlight their activities. 10
5. a) What are Food based strategies? Briefly discuss any one strategies you will use to improve nutritional status in a community. 3+7
- b) 'Supplementation is a short term preventive strategy to control nutritional problems'. Justify the statement highlighting the supplementary doses of nutrients recommended for preventive purpose in various national programs. 10

(3)

6. a) What do you understand by the term "Supplementary nutrition"? Describe the supplementary nutrition components of the following programs: 2+4+4
- i) ICDS
 - ii) Mid-day Meal Program
- b) Enlist the strategies you would adopt to improve the following: 5+5
- i) Urban and Rural sanitation
 - ii) Street foods
7. a) What is situational analysis? Discuss any one technique you would use for situational analysis. 3+7
- b) What do you understand by program management and administration in the context of Public nutrition? 5
- c) What are the four phases of the process of Nutrition education? 5
8. Write short notes on any four of the following: 5+5+5+5
- a) Consequences of zinc deficiency
 - b) Stages of demographic cycle.
 - c) Functions of Vitamin D in our body
 - d) Factors influencing the absorption of calcium in our diet.
 - e) Benefits of community participation

