

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

Term-End Examination

June, 2013

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 the following : 10
- (i) Keratomalacia
 - (ii) Goitrogen
 - (iii) Infant mortality rate
 - (iv) MUAC
 - (v) Process evaluation
- (b) Give one word/term for the following : 4
- (i) Vitamin B₁₂ deficiency due to lack of intrinsic factor
 - (ii) Deficiency disease leading to spongy bleeding gums.
 - (iii) Presumptive diagnosis when BMI is less than 18.5 kg/m²
 - (iv) Hyper keratotic lesions of the skin due to essential fatty acids deficiency.

- (c) Differentiate between the following terms : 6
- (i) Dry Beriberi and Wet Beriberi
- (ii) Stunting and Wasting
2. (a) What is Lathyrism ? What can be done to prevent it ? 5
- (b) Discuss the economic consequences of malnutrition. 8
- (c) What do you understand by the term 'Demographic cycle' ? Enumerate the five stages of the demographic cycle. 7
3. (a) Briefly explain the preventive measures to combat Protein Energy Malnutrition. 8
- (b) What are the different approaches to reduce the problem of IDD in the community ? 6
- (c) "Nutrition education plays a vital role in improving the nutritional status of a community". Justify the statement. 6
4. (a) Critically review why the ICDS Programme in India has had a limited impact. 10
- (b) "Nutrition monitoring is an important means of keeping a watch on the nutritional status of communities". Justify the statement and enumerate the objectives and components of nutrition monitoring. 10

5. (a) What do you understand by the term 'Food Security' ? Discuss the major determinants of Food Security. 10
- (b) Discuss the methodology merits and Limitations of the Food Diary/Record method for assessing the dietary intake of individuals. 10
6. (a) Discuss the role of a Public Nutritionist in the Health Care delivery system. 7
- (b) Describe the Programme strategy of the National Prophylaxis Programme for prevention of Blindness due to vitamin A deficiency. 7
- (c) Discuss the role of biotechnology in improving the quality of food. 6
7. (a) Describe a technique which can be used for measuring body fat. 5
- (b) Why is it important to evaluate Nutrition Education Programmes ? 5
- (c) What are the techniques commonly used for conducting situational analysis ? 5
- (d) What are some of the ecological factors which affect malnutrition ? 5

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

5+5+5+5

- (a) Channels of communication for Nutrition Education Programme
 - (b) Importance of dietary diversification as a means to combat nutrient deficiency disorders
 - (c) Mid Day Meal Programme
 - (d) Essential components of primary health care
 - (e) Factors influencing iron absorption
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