

00305

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

Term-End Examination

June, 2017

**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.

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1. An infant/child health mela has been organized in your city. You have been asked to prepare a short but informative handout for mothers attending the mela regarding. "Infant and Young Child Feeding" (IYCF) practices.
 - (a) Provide 10 hints/guidelines for optimum IYCF practices you would advocate to mothers. 10
 - (b) Summarize the IYCF indicators you would advocate to mothers, for measuring infant and young child feeding practices at population level. 10

 2. Write a 400 word essay on the "Critical Periods in the Life Cycle". You should focus on identifying these critical periods and explaining why they are critical ? 20

3. You have conducted dietary assessment of a group of sedentary pregnant women (in the third trimester) attending a primary health care centre in your region. On analyzing the food and nutrient intake data you find that the daily mean intake of cereals and Mallets is 200 gms, pulse intake is 30 gm, milk and milk product intake is 200 ml and greenleafy vegetable intake is 50 g, other vegetables 100 gms and fruit intake 20 gms. Provide a 300 word summary of how you should consider your data in the light of the balanced diet recommended for pregnant woman (ICMR 2010) ? What would you recommend ? 20
4. For the Indian Dietetics Association (IDA) newsletter you have been invited to contribute an article on "Undernutrition among children in India". (Word limit 500 words). Write the article focussing on. 20
- Extent of undernutrition and age trends.
 - Consequences of undernutrition.
5. For young interns training in Nutrition you are required to explain to them the concept of nutrient requirements. RDA and Acceptable Macronutrient Distribution Ranges (AMDRs). Also enumerate the methods for studying the nutrient requirements. In about 500 words present the concept and methods. 20
6. Explain the following briefly : 5+5+5+5
- (a) Components of energy requirement.
 - (b) Food Sources and Bioavailability of Vitamin A.
 - (c) Requirement for iron, folic acid and Vitamin B₁₂ among adolescent girls.
 - (d) Method for assessing dietary intake for individuals.
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