

00520

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

Term-End Examination

June, 2018

**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. On analyzing the dietary intake of adolescent girls in the community the data reveal the following : 20
- Girls 16-18 years of age were consuming daily mean intake of cereals and millets 240 g, pulses 30 g, milk and milk products 300 ml, green leafy vegetables 50 g and fruits 100 g.
- (a) Comment in about 300 words how you would consider this data in the light of the balanced diet recommended by ICMR for adolescent girls (16-18 years). Is the daily food intake adequate ? If not, what would you advocate/recommend ?
- (b) Suggest which nutrients are of particular importance for adolescent girls and how to meet their requirement.

2. The Debating Society of a University has planned a debate on the topic. 20
"Breast milk alone is not enough for the Infant."
You are invited to present your views on the topic "In favour of" and "Against", the topic in about 200 words each. Present your views separately in favour of the topic, and against the topic. Substantiate your views with scientific facts.
3. In a primary health centre catering to pregnant and lactating women you are required to present a talk emphasizing on good nutrition for pregnant/lactating women. What would you tell the mothers regarding : 20
- (a) Why additional diet is required during pregnancy and lactation ?
 - (b) What are the nutrients that require special attention ?
 - (c) How the pregnant and lactating women can meet these nutritional demands ?
4. In a health camp in a village you are required to assess the nutritional status of children. 20
Comment.
- (a) What measurements and anthropometric indicators you would use to assess nutritional status ?
 - (b) Clinical signs you will observe for any two nutrient deficiency disorder and its importance in assessing the nutritional disorder.
 - (c) Biochemical assessment of any two nutrient at the field level.

5. "Green leafy vegetables, other Vegetables and Fruits are treasure trove of essential substances". Present a write-up for literate community members emphasizing : 20
- (a) Why should they eat fruits and vegetables ?
 - (b) What functions do essentials substances (nutrients) present in fruits/vegetables perform in the body ?
6. (a) Briefly explain what are nutrient requirements and Recommended Dietary Allowances (RDA) ? 10
- (b) Enumerate the different critical fruits in the life cycle, highlighting why they are considered critical. 10
-