

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

Term-End Examination

00310

June, 2015

**MFN-021 : CHILDHOOD NUTRITION : BASIC
CONCEPTS AND PHYSIOLOGICAL REQUIREMENTS**

Time : 3 hours

Maximum Marks : 100

Note : Attempt five questions in all. All questions carry equal marks.

1. You have been invited to write a newspaper article on 'Intergenerational Cycle of Undernutrition'. Write a 500 – 800 word piece highlighting the concept, causes, consequences and extent of undernutrition in the Indian context. 20
2. In a pediatric OPD a mother comes to you for advice on appropriate complementary feeding practices for her baby, 8 months of age. Provide a brief summary (about 500 words) of your advice related to nutrient content, nutrient density, amount and frequency of complementary foods for the baby. 20

3. (a) You have conducted an assessment of vitamin A status of a batch of 25 pre-school children (age 4 – 6 years) attending an anganwadi in your district, using clinical, biochemical methods. Indicate the clinical signs, biochemical parameters you used for the assessment of vitamin A status. 5+5
- (b) Dietary assessment of pre-school children (age 4 – 6 years) showed the nutrient intake to be 1200 kcal energy, 15 g protein, 300 microgram retinol and 2800 microgram of β -carotene. How will you consider this data in light of the recommended dietary allowances for this group? What would you recommend? 4+6
4. Describe briefly the main elements for a strategy you would adopt to promote good nutrition among adolescent girls. This should focus on nutrition elements but should also include other related possible actions. 20
5. You have been invited to contribute a chapter on “Recommended Dietary Allowances (RDA) : Basic Concept” for a Nutrition Book. Illustrate and describe the concept utilized in deriving the recommended dietary allowances for children. 20

6. Write short notes on any *four* of the following : 5+5+5+5

- (a) Factors influencing absorption of iron from a typical vegetarian Indian diet
 - (b) Nutritional requirements and guidelines for food intake of lactating women
 - (c) Role of DHA in promoting good health of women and children
 - (d) Critical periods in the life cycle
 - (e) Functional role of folic acid in the diet during the life cycle
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