

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

Term-End Examination

December, 2011

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) Differentiate between the following sets of terms : **10**
- (i) Stunting and Wasting
 - (ii) Nutrition monitoring and nutrition surveillance.
 - (iii) Nutrient deficiency control programme and Supplementary feeding programme.
 - (iv) Dietary diversification and Food fortification.
 - (v) Primary target audience and Secondary target audience in nutrition intervention.
- (b) Fill in the blanks : **5**
- (i) According to IAP classification, children with body weight more than _____ % of standard should be considered as normal.

- (ii) BMI less than _____ indicates chronic undernutrition.
 - (iii) _____ is a condition of rapid destruction and liquefaction of full thickness of cornea.
 - (iv) IDD is considered to be a public health problem, if the Total Goitre Rate is more than in _____% of 6 - 12 year old children in an area.
 - (v) _____ anaemia is caused due to deficiency of folic acid.
- (c) Give one example for each of the following. 5
- (i) Biochemical method to assess vitamin A deficiency.
 - (ii) Major agencies involved in nutrition monitoring.
 - (iii) Food security programme
 - (iv) Vehicle/carrier of food fortification.
 - (v) Intervention programmes launched by the government to combat undernutrition.
2. (a) Discuss the concept of food behaviour, highlighting the factors that influence food behaviour of individuals. 8
- (b) Briefly explain the health resources provided to the population groups at a block level. 6
- (c) How can a multi-sectoral approach help to solve nutritional problems in our country? 6

3. (a) Discuss the measures you would adopt to prevent, control and treat PEM in a community. 6
- (b) Briefly describe the causes and consequences of malnutrition among vulnerable populations. 8
- (c) Enumerate how supplementation as a strategy can help combat the deficiency of vitamin A and iron in our country. Give the supplementation schedule recommended for the two disease conditions. 6
4. (a) What are the common measurements used in nutritional anthropometry? Explain their use very briefly. 10
- (b) Explain the concept of food security, highlighting the measures adopted by the government to provide / nutrition security to its population. 10
5. (a) "ICDS is a package of several services." Elaborate on these services. Also present a critical analysis on the success and limitations of the programme. 6+4
- (b) Discuss the importance of immunization as a strategy to contact public nutrition problems in our country. 5
- (c) Explain how we can improve the quality of food (or nutritional value) through genetic approach and food fortification. 5

6. (a) Describe the various steps required to plan, implement and evaluate a public nutrition programme. 10
- (b) What is formative research? Briefly discuss the methods used in formative research. 10
7. Explain the following briefly with examples :
- (a) Different steps involved in planning a training programme for nutrition/health educations. 5+5+5+5
- (b) Criteria you would adopt for selection of communication channels for nutrition/health education.
- (c) Points to be considered for development of effective messages.
- (d) Based upon the purpose/objectives different types of evaluation can be designed.
8. Write short notes on *any four* of the following :
- (a) Consequences and prevention of Iodine Deficiency Disorders (IDD).
- (b) Rickets and Osteomalacia : Manifestations, Causes, Prevention. 5+5+5+5
- (c) Dietary Survey Methods for household and family.
- (d) Techniques/methods for need assessment.
- (e) Different types of objectives and audience who can be targeted for nutrition education.
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