

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

**Term-End Examination
December, 2014**

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) Public nutrition
 - (ii) Ariboflavinosis
 - (iii) Health Economics
 - (iv) Demographic Cycle
 - (v) Formative Research
- (b) Fill in the blanks. 5
- (i) Serum ferritin test permits an evaluation of the storage _____ level of a population.
 - (ii) The deficiency of _____ leads to megaloblastic anaemia.
 - (iii) Annapurna scheme is an example of food _____ programme launched by our Government.
 - (iv) _____ is the vaccine given to all children at birth.

- (v) The _____ technique is an idea generating strategy of need assessment which does not require face - to - face interaction.
- (c) Give one example for each of the following : 5
- (i) Self employment and wage employment schemes
 - (ii) Supplementary feeding programme
 - (iii) Services provided by ICDS
 - (iv) Food - based strategy
 - (v) Agency involved with nutrition monitoring in India
2. (a) Enumerate the causes of public nutrition problems in our country. Give the conceptual framework portraying causal factors and their interaction. 10
- (b) Define 'food' and 'nutrition' security. Briefly explain the determinants of food security. 4+6
3. (a) Present a detail account of the methods available for the prevention and control of anaemia. 8
- (b) Briefly explain and illustrate the consequences of maternal zinc deficiency on maternal health and birth outcome. 5
- (c) What is the importance of iodine in our diet ? Enumerate the approaches available to reduce iodine deficiency among population groups. 2+5

4. (a) How will you determine the nutritional status of : (i) adults, and (ii) children using weight and height ? Explain briefly giving the classification you would use to classify (adults and children) into various nutritional grades. 5+5
- (b) Enumerate the common methods used or available to assess dietary intake. 10
5. (a) Explain the strategy adopted under the National Prophylaxis Programme for Prevention of Blindness due to Vitamin A Deficiency. 8
- (b) What is food fortification ? Explain fortification as a strategy to combat malnutrition. 2+6
- (c) Give the supplementary dose of iron, folic acid recommended for prevention of anaemia among pregnant woman and children. 2+2
6. (a) What is mid - day meal programme ? How is it different than the Supplementary Nutrition Component under ICDS ? 5+5
- (b) Explain briefly how improving water and sanitation is an important strategy to alleviate malnutrition. 5
- (c) Comment on any one initiative taken by the Government of India to improve food and nutrition security for the vulnerable population. 5

7. Explain the following briefly : 5+5+5+5
- (a) Importance of nutrition education.
 - (b) Channels of communication one can use for nutrition education.
 - (c) Useful guidelines for effective message design for nutrition communication.
 - (d) Social marketing a key to successful public health programmes.
8. Write short notes on **any four** of the following : 5+5+5+5
- (a) Types of evaluation conducted in public nutrition programmes.
 - (b) Community groups and benefits of community participation in promoting nutrition health messages.
 - (c) Street foods and strategies for improvement.
 - (d) Dietary diversification as a strategy to improve micronutrient deficiencies.
 - (e) Factors which effect food behaviour.
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