

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

00154

**Term-End Examination**

**December, 2016**

**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 editor of a child health magazine has invited you to contribute an article (in about 500 words) on "Child Survival and Development". Write the article focussing on the determinants of child survival and development and presenting the concept of continuum of care. 20
  
  2. Briefly explain the following : 5+5+5+5
    - (a) Intergenerational cycle of undernutrition
    - (b) Adolescent growth spurt
    - (c) Guiding principles for complementary feeding of infants
    - (d) Acceptable Macronutrient Distribution Ranges (AMDRs)

3. As a nutrition expert you have been asked to explain the concept of 'body composition', to young athletes. Explain the concept highlighting its components, its use in assessment of nutritional status and the techniques/methods used in the assessment of body composition (Limit your answer to about 500 words). 20
4. You have conducted a dietary assessment (Using Food Frequency and Amount questionnaire) of a group of pre-school children (4 - 6 years of age). When you process the food intake record, you find daily mean energy value of 1690 kcals., protein intake 25 g, calcium 500 mg and iron 12 mg/day. Provide a 300 word summary of how you should consider your data in the light of the recommended dietary allowance (ICMR, 2010) for this age group. What would you recommend ? 20
5. While reading a research paper on child health you come across the term "Energy Imbalance". Provide a 500 word summary of what you understand by this terminology, presenting a review on the conditions linked to energy imbalance, particularly in context of children. Also present the criteria for assessment of weight status of children and adolescent. 5+10+5
6. In a pediatric OPD, a mother comes to you for advice on Lactation. Provide a 500 word review of your advice related to (a) Nutritional needs of lactation (b) Diet and dietary pattern for lactating women and (c) Effect of maternal malnutrition on milk quality and quantity. 20