

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

**Term-End Examination**

**December, 2017**

**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 a baby show as a resource person to talk to mothers regarding nutrition.
  - (a) Explain the composition of breast milk and benefits of breast milk/feeding to mothers in about 250 words. 10
  - (b) Explain the importance of complementary feeding and guidelines the mothers should follow to ensure optimum nutrition to the infant after 6 months. 10

2. For training anganwadi workers you are required to explain to them the concept of assessing nutritional status of children. Prepare a 400 word lecture-cum-demonstration session you will conduct with them, explaining the ABCD techniques in assessing nutritional status of children. 20
3. You have been invited to write an article in 'Parenting' magazine regarding maternal nutrition. Write the article (in about 400 words) focussing on : 20
- (a) Nutritional needs of maternal period.
  - (b) Maternal nutrition directly impacts foetal growth and development.
4. While conducting a consumer survey regarding purchase of fats and oils for their daily use, you realize the consumers are not aware of the right choice for selection of oils and fat. Prepare an information brochure you will distribute to consumers informing them regarding 20
- (a) Different types of oils and fats available and their composition and food sources,
  - (b) Health benefits and ill consequences of consuming fats and oils, and
  - (c) Selection/choice of oil/fats to use in daily life.

5. As part of 'Nutrition Week', you have planned a workshop on 'Nutrient Requirements' for students of nutrition. The sessions will include explaining the following to the students (in about 150 words each) : 8+4+8

- (a) Concept of RDA and how they are derived.
- (b) Concept of acceptable macronutrient distribution range in the context of Indian diets.
- (c) Factors influencing nutrient requirement.

6. Recent National Health Surveys indicate a high degree of undernutrition among children in India. Comment on the following (in about 250 words each) : 20

- (a) Causes and consequences of undernutrition.
  - (b) Measures to improve protein intake among children.
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