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MFN-006

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

M. SC. (DFSM)

Term-End Examination

December, 2020

MFN-006 : PUBLIC NUTRITION

Time : 3 Hours

Maximum Marks : 100

***Note :** Question number 1 is compulsory. Answer
five questions in all. All questions carry
equal marks.*

1. (a) Name the disease condition which is manifested as the following signs and symptoms : 5
- (i) Sunburn, hyperpigmentation of skin, diarrhoea and dementia.

- (ii) Mottling of teeth, joint pain, musculoskeletal dysfunction.
 - (iii) Muscular spasm, stiffness in limbs, involuntary tremors, stiff leg scissors gait.
 - (iv) Low birth weight, reduced physical activity, poor cognitive performance in children.
 - (v) Abortions, congenital abnormalities, activism.
- (b) Differentiate between food security and nutrition security. 3
- (c) Name any *two* functionaries at the village level who are responsible for taking care of the health needs of the community. 2
- (d) What is sex ratio ? Give the sex ratio in our country based on the latest census. 2
- (e) Give one word/term for the following : 5
- (i) Number of deaths of infants under one year of age per 1000 live birth.

- (ii) The number of children that would be born per woman, if she were to live to the end of her child bearing years.
 - (iii) The number of years new-born children would live, if subject to the mortality risk prevailing for the cross-section of population at the time of their birth.
 - (iv) Number of death of women from pregnancy related causes per 1,00,000 live births.
 - (v) Number of persons living per square kilometre area.
 - (f) Name any *three* agencies involved with nutrition monitoring in our country. 3
2. (a) Why is MUAC considered as a useful indicator of the nutritional status of children ? How is it measured and analyzed ? 7

- (b) What are the different methods you can use to collect data on dietary intake of individuals ? Explain the use of any *one* in detail. 10
- (c) Name any *one* biochemical parameter you will use to assess the following nutrient deficiency disorders : 3
- (i) PEM
 - (ii) Vitamin D
 - (iii) Vitamin A
3. (a) What is meant by food fortification ? Discuss its role in improving the diets of the population groups. 7
- (b) What are the objectives of ICDS programme ? What have been some of the problems encountered in the implementation of ICDS in the country ? 7
- (c) Give the schedule of supplementation recommended for preventive supplementation of iron (for pregnant

woman and children), Vitamin A (for children 1-5 years of age) and iodine (for population in endemic areas). 6

4. (a) What are the common vaccine preventable diseases among children ? Give the national immunization schedule. 7
- (b) Why is PEM a major concern in our country ? Elaborate the causative factors and the measures you would adopt to prevent and control PEM. 8
- (c) Briefly in about 250 words explain the adverse consequences of maternal zinc deficiency or pregnancy outcome. 5
5. (a) As part of a nutrition monitoring team you are required to conduct a survey. What is the survey approach ? What methods you may use to conduct the survey ? List the advantages and disadvantages of conducting a survey in the community. 10

- (b) What is the relevance of evaluating nutrition education programmes ? What are the different types of evaluation you may adopt ? Explain any **one** in detail. 10
6. What are the four phases in planning a nutrition education programme ? Describe this phases briefly. 20
7. (a) Briefly explain the role and importance of nutrition education to population groups and policy makeup. 10
- (b) What is community participation ? Elaborate on the importance of community participation and list the different types of groups which can be formed in a community. 10
8. Write short notes on any **four** of the following : 5 each
- (i) Points to be kept in mind for designing coherent and persuasive messages

- (ii) Principles of good governance and programme management
- (iii) Antyodaya Anna Yojana (AAY)
- (iv) Ariboflavinosis
- (v) Self-employment and wage employment schemes