

00490

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

Term-End Examination

June, 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.

1. Evidence suggest that large number of children under five years of age suffer from undernutrition. Provide a 500 word review on the extent of undernutrition in children in India and its causes and consequences. 6+7+7

2. You have been approached by an organization to assess the food and nutrient intake of children in a community using food frequency questionnaire (FFQ) method. Briefly discuss what is this method, how will you design the questionnaire, how will you calculate the intake using the questionnaire data and give the strengths and limitations of FFQ as a tool to assess nutrient intake ? 5+5+5+5

3. While reading through an American text book on "Pediatric Nutrition", you come across the recommendations for nutrients given as 'Dietary Reference Intake (DRI) and 'Acceptable Macronutrient Distribution Ranges (AMDRs). Describe (in 500 words only) the concept of DRI and AMDRs present the recommendation for AMDRs for selected nutrients. **10+10**
4. As part of the nutrition week celebrations in your organization you have to conduct a nutrition awareness programme for mothers in a slum. The theme for the awareness programme is "Several dietary constituents have an effect on calcium and iron absorption". Enumerate the factors you would highlight (separately for iron and separately for calcium) that influence the dietary intake and list the measures you would advocate to women to improve calcium/iron absorption. **10+10**
5. "Infant and Young Child Feeding initiative (IYCF) is the most critical intervention for promoting young child survival and development". Present a critical review on this topic highlighting the importance of breastfeeding and complementary feeding. State the guiding principles for complementary feeding. **10+10**
6. Briefly explain the following : **5+5+5+5**
- (a) Maternal nutrition and foetal outcome
 - (b) Nutrition need during lactation
 - (c) RDA and balanced diet for preschool children
 - (d) Challenges in feeding Adolescents