

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

Term-End Examination

June, 2017

MFN-006 : PUBLIC NUTRITION

Time : 3 hours

Maximum Marks : 100

*Note : Question No. 1 is compulsory. Attempt five questions
in all. All questions carry equal marks.*

1. (a) List any four functions of primary health care. 2
- (b) Name any two functionaries working at the Village level who are responsible for taking care of the health needs of the Community. List their functions as well. 2
- (c) What are the four determinants of food security ? 2
- (d) Give the IAP (Indian Academy of Pediatrics) classification used to classify children into various grades of malnutrition. 2
- (e) List the manifestations of riboflavin deficiency. 2
- (f) What is the cause of lathyrism ? Name the toxic substance involved. 2
- (g) What is demographic transition ? 1
- (h) Give the Cut-off for MUAC you would use to classify children as severely malnourished. 1

- (i) Name any one biochemical indicator you would use to assess deficiency of the following disorders : 4
- Vitamin A deficiency
 - Anaemia
 - Protein energy malnutrition
 - Iodine deficiency
- (One indicator for each of the disorder)
- (j) Define nutrition surveillance. 2
2. (a) Explain the concept of health care and the three different levels at which it is available to the community. 2+3
- (b) Justify the statement that 'Multi sectoral approach helps to solve nutritional problems'. 5
- (c) Enumerate the measures you would adopt to control and prevent PEM. 6
- (d) Enlist the clinical features of Vitamin A deficiency. 4
3. (a) What is the importance of the following nutrients in our diet ? Enumerate the consequences of their deficiency : 4+4
- Iodine
 - Zinc
- (b) Name the national programmes launched by our Government to prevent/ combat the following disorders. Enumerate the objectives and the programme strategy/ components : 6+6
- Nutritional Anaemia
 - Malnutrition among children

4. (a) What are the common measurements and indices used in nutritional anthropometry. 5
- (b) List the food security programmes launched by our government for the benefit of the community. List the salient feature of any one programme. 2+5
- (c) Enlist the various food based strategies that you may adopt to combat malnutrition. Describe any one strategy in details. 2+6
5. (a) Explain the term "Supplementary Feeding" giving appropriate examples. 5
- (b) Elaborate on the target groups, calories and proteins provided by food supplement in the following programmes : 5+5
- ICDS
 - National mid day meal programme
- (c) Justify the statement giving appropriate examples. "Genetic or food biotechnology can help improve the nutritional status of individuals". 5
6. (a) What is need assessment ? Briefly explain any one technique you will use for need assessment. 2+6
- (b) What do you understand by programme management and administration ? 5
- (c) Define nutrition education. Enumerate its importance. 7
7. Explain the following briefly :
- (a) Different channels/media one can use for nutrition communication. 5
- (b) Benefits of community participation. 5

- (c) Useful guidelines for designing persuasive and coherent nutrition education messages. 5
- (d) Method you would adopt to show that behaviour change took place because of the nutrition education programme. 5

8. Write short notes on **any four** of the following :

- (a) Food fortification 5+5+5+5
 - (b) Strategies to improve urban and rural sanitation
 - (c) National Nutrition Policy
 - (d) Qualitative Diet Surveys
 - (e) Vital statistics and their implications in population growth
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