

**MASTER OF SCIENCE (DIETETICS AND
FOOD SERVICE MANAGEMENT) (M.Sc. DFSM)**

Term-End Examination

June, 2021

MFN-006 : PUBLIC NUTRITION

Time : 3 hours

Maximum Marks : 100

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- Note :** 1. Answer **five** questions in all.
2. Question no. 1 is **compulsory**.
3. All questions carry equal marks.
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1. (a) List any three functions of Primary Health Centre. 3
- (b) Name any three functionaries at the village level who are responsible for taking care of the health needs of the community. 3
- (c) List one immediate cause, one underlying cause and one basic cause of malnutrition. 3
- (d) Muscle wasting is an essential feature in diagnosis of which nutrient deficiency disease in children ? 1
- (e) Define food security and nutrition security. 3

- (f) List the clinical features of Vitamin A deficiency. 3
- (g) Absorption of iron in the usual Indian vegetarian diet is _____ percent. 1
- (h) Name the beneficiaries of the following programmes : 3
- (i) National IDD Control Programme
- (ii) National Prophylaxis Against Nutritional Blindness
- (iii) National Nutritional Anaemia Control Programme
- 2.** (a) “Health promotion, curative services, advocacy are some of the functions of a public nutritionist.” Justify the statement giving appropriate examples. 6
- (b) Briefly discuss the various factors which affect food behaviour, giving examples. 8
- (c) Explain the determinants which impact food and nutrition security of population groups. 6
- 3.** (a) “A mix of approaches is necessary to prevent iron deficiency anaemia.” Elaborate on the approaches advocated for the prevention of anaemia. 10

- (b) Briefly discuss the consequences of maternal zinc deficiency on birth outcome and maternal health. 5
- (c) Enumerate the manifestations of iodine deficiency disorder. 5
4. (a) Briefly explain the causes, manifestations and prevention of Folic Acid and Vitamin B₁₂ deficiency. 10
- (b) Briefly describe the measures/approaches which are being adopted to prevent Vitamin A deficiency in the community. 10
5. (a) What is Human Development Index ? Discuss the effect of population growth on the quality of life of people. 8
- (b) How will you use the Standard Deviation Classification to assess nutritional status of children ? Explain giving the classification. 5
- (c) List any one method you will use to assess dietary intake of individuals in a community. Explain the method briefly. 2+5
6. (a) Enumerate the various agencies and types of information collected by these agencies in our country with reference to nutrition and health. 8

- (b) Highlight the objectives and the major components of the ICDS programme. 8
- (c) Enumerate the working of TPDS. 4
7. (a) “Food-based approaches are preventive, cost-effective and sustainable long-term strategies to combat malnutrition.” Justify the statement giving appropriate examples describing the approaches. 12
- (b) What is Need Assessment ? Explain briefly any one technique you will use for conducting need assessment. 2+6
8. Write short notes on any **four** of the following : 5+5+5+5
- (a) Social marketing approach theory of nutrition education
- (b) Importance of formative research
- (c) Useful guidelines for designing effective messages for nutrition education
- (d) Channels of communication used for nutrition/health education
- (e) Evaluation as an integral part of programme planning and management
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