

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

Term-End Examination

June, 2011

MFN-006 : PUBLIC NUTRITION

Time : 3 hours

Maximum Marks : 100

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

1. (a) Define the following : 10
- (i) Cretinism
 - (ii) Food Security
 - (iii) Nutrition Surveillance
 - (iv) Social Marketing
 - (v) Process Evaluation
- (b) Fill in the blanks . 5
- (i) The classical manifestation of _____ deficiency are dermatitis, diarrhoea and dementia.
 - (ii) If the MUAC measurement is about _____ cm or more, the child is classified as normal.
 - (iii) _____ is the condition in which the lips become red and may develop painful fissures and may sometimes get even ulcerated.

- (iv) Adolescent girls with haemoglobin levels lower than _____ /100 ml are considered anaemic.
- (v) Serum levels of 25 - hydroxy cholecalciferol are the accepted indicator of _____ deficiency.
- (c) Give one example for each of the following : 5
- (i) Chemical signs of essential fatty acid deficiency.
- (ii) Wage Employment Scheme
- (iii) Common vaccine preventable diseases
- (iv) Theories of Nutrition Education
- (v) Components of communication process
2. Explain the following briefly giving appropriate examples.
- (a) Multiple determinants of public nutrition problems. 7
- (b) Health service delivery system in India. 8
- (c) Role of public nutritionist in health/care delivery. 5
3. (a) What do you understand by the sub-clinical forms of PEM ? Explain the parameter(s) you will use to assess sub-chemical PEM. 6
- (b) Briefly explain the prevention and control measures you would adopt to combat iron deficiency anaemia among vulnerable population. 8
- (c) Discuss the consequences of zinc deficiency and what measures you can adopt to prevent zinc deficiency. 6

4. (a) List the common methods available to assess the dietary intakes at the family, household and individual level. Discuss any one method you will use to assess the dietary intake of an individual. **3+7**
- (b) Discuss the concept of nutrition monitoring, highlighting the various agencies and their role in nutrition monitoring in our country. **10**
5. (a) Enumerate the objectives, target group and programme components for the following programmes launched by the Government of India. **4+4+2**
- (i) National Programme of Nutritional Support to Primary Education (Mid - day meal Programme).
- (ii) PDS and TPDS
Comment on the impact of these programmes on the target groups and in meeting the objectives.
- (b) What are food based strategies ? **10**
Explain briefly highlighting their benefits and the important approaches (food - based) which you will adopt to bring about qualitative improvement in the nutritional status.

6. (a) Enlist the major steps you would follow in planning, implementing and evaluating a public nutrition programme. 3
- (b) What is need assessment ? Why do we do it ? Briefly explain any one method/ technique you would adopt to conduct need assessment. 7
- (c) Define nutrition education ? Briefly highlight the importance and constraints of nutrition education in improving nutritional status. 2+8
7. (a) What guidelines would you follow to design persuasive and coherent messages specific to nutrition and health education ? 5
- (b) Briefly discuss the various channels one can use to communicate nutrition/health information to the target group. 8
- (c) Explain the concept and benefits of community participation. 7
8. Write short notes on *any four* of the following.
- (a) Economic consequences of malnutrition
- (b) Relationship between fertility, nutrition and quality of life
- (c) Common deficiencies of Vitamin B complex
- (d) Urban and rural sanitation and strategies to improve sanitation.
- (e) Nutrition Policy of India. 5+5+5+5

