

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

[M. Sc. (DFSM)]

Term-End Examination

December, 2024

MFN-006 : PUBLIC NUTRITION

Time : 3 Hours

Maximum Marks : 100

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

1. (a) What do you understand by the following terms ? Give examples : 2×5=10
 - (i) Demographic Transition
 - (ii) Indirect nutritional status assessment methods
 - (iii) Nutrition Surveillance
 - (iv) Nutrient Security
 - (v) TPDS

- (b) Give any *one* biochemical parameter you will use to assess the nutritional status specific to the following nutrient deficiencies : 5

- (i) Anaemia
- (ii) Vitamin A deficiency
- (iii) PEM
- (iv) Iodine deficiency
- (v) Vitamin D deficiency

- (c) Give the nutritional component of the following programmes for the following target group : $2\frac{1}{2}+2\frac{1}{2}$

- (i) Pregnant Women under ICDS
- (ii) Primary School Children under MDM

2. (a) Briefly describe your role as a public nutritionist in healthcare delivery. Justify your answer giving examples. 10
- (b) What do you understand by Primary Healthcare ? Explain the levels of healthcare in our country giving examples and their functions/responsibilities. 10

3. (a) Give the criteria for classification of the following disease conditions as a public health problem : 4+4+4
- (i) Goitre
 - (ii) Vitamin A deficiency
 - (iii) PEM
- (b) What is the preventive/therapeutic dose of iron and folic acid recommended for the following target group under National Iron Plus Initiative (NIPI) ?
- (i) Pre-school children (6-60 months) 2
 - (ii) Adolescent girls (13-18 years) 2
- (c) Enlist the main beneficiaries of the ICDS programme. 4
4. (a) Give the clinical manifestations and the preventive measures you would adopt with regards to the deficiencies of the following nutrients : 5+5
- (i) Zinc
 - (ii) Folic acid and Vitamin B₁₂

- (b) What is Malnutrition ? Enumerate the causes and the consequences of malnutrition across the life span. 2+4+4
5. (a) What is nutritional anthropometry ? Briefly explain its uses as a tool to assess nutritional status of population groups, highlighting common measures used in nutritional anthropometry. 2+3+10
- (b) What is qualitative diet survey ? Explain giving an example of one such method and its uses in nutritional status assessment. 5
6. (a) Enlist any *five* notable organizations/systems involved with nutrition monitoring in India. 5
- (b) Differentiate between the supplementary feeding programme and nutrient deficiency control programmes, giving appropriate examples and discussing their relevance and importance in public nutrition. 10
- (c) What is National Nutrition Mission ? Enlist its objectives. 5

7. (a) Briefly explain how the following food-based strategies can be used to combat public nutrition problems in our country :
- (i) Food Fortification 5
 - (ii) Dietary Modification/Diversification 5
- (b) Explain the following briefly giving examples : 5+5
- (i) Different types of objectives are needed to be set for Nutrition Education Communication Programme
 - (ii) Multimedia combination is most effective to increase awareness regarding nutrition issues
8. Write short notes on any *four* of the following : 5+5+5+5
- (i) Importance and challenges of Nutrition Education
 - (ii) Techniques for conducting situational analysis and need assessment
 - (iii) Street Foods and Strategies for improvement of quality of street foods
 - (iv) Food security programmes
 - (v) Infant and Young Child Feeding Guidelines.

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