

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR 2014-2015

COURSE : 2nd Semester of Post Graduate Diploma in
Dietetics & Hospital Food Service
SUBJECT : Nutritional Perspective in Community-II
TIME ALLOWED : 03 Hours MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

Q.1. Briefly mention etiology of the following nutritional problems:

- (a) Nutritional anemia (b) IDD
(c) PEM (d) Vitamin A deficiency

(4x2 ½ =10)

OR

Elaborate on the strategies adopted for prevention of following:

- (a) Iron deficiency anemia
(b) Vitamin A deficiency

(5+5=10)

Q.2. (i) What are the common measurements used in nutritional anthropometry?

(ii) Explain the following dietary methods:

- (a) FFQ (b) Weighment method

(6+2+2=10)

Q.3. (i) Explain the following channels of nutrition education communication:

- (a) Individual approach (b) Mass approach

(ii) What is CBC? What are its objectives?

(3+3+4=10)

OR

(i) List and explain various approaches of nutrition education.

(ii) List the criteria to be adopted for selection of communication channel.

(6+4=10)

Q.4. (i) What is food allergy? What are its symptoms?

(ii) Discuss different kinds of elimination diets that are used for detecting allergy

(5+5=10)

Q.5. Explain **any four** strategies that are used to combat public nutrition problems.

OR

Enumerate the phases of the process of nutrition education.

(10)

Q.6. Explain the following programs:

- | | |
|----------|----------|
| (a) ICDS | (b) PMGY |
| (c) RAP | (d) NMDM |

(4x2 ½ =10)

OR

- (i) What are the essential elements of message design?
- (ii) Briefly explain the components of training assessment.
- (iii) Mention the skills needed by the community health worker to do their job.

(4+3+3=10)

Q.7. (i) Explain the bio-chemical changes observed in PEM

(ii) Give the classification of Goitre

(iv) Write a note on NNAPP

(3+3+4=10)

Q.8. (i) Give the nutrition and dietary management of phenylketonuria.

(ii) Give the list of foods to be included and excluded in galactosemia.

(5+5=10)

Q.9. Briefly explain the following:

- (a) Supplementation
- (b) Target audience
- (c) Reference standards
- (d) FBS
- (e) Consumption unit

(5x2=10)

Q.10. Differentiate between the following:

- (a) Marasmus and kwashiorkor
- (b) Enrichment and fortification
- (c) Clinical and bio-chemical assessment
- (d) Heme and non-heme iron
- (e) Infantometer and stadiometer

(5x2=10)
