

**P.G. Diploma in Dietetics and Therapeutic Nutrition
Annual Examinations – 2006**

**Paper PTND – 103
Community Nutrition**

Time allowed: Three hours

Maximum Marks: 70

1. Attempt all questions from Section I.
2. Attempt any six questions from Section II.
3. Attempt any two questions from Section III

SECTION – I

Marks

1. Fill in the blanks

1X20=20

- i) Food and nutrition board were established in _____.
- ii) Goals of food security are _____ and _____.
- iii) Special nutrition programme is presently merged into _____ programme.
- iv) Goitre is the cause of _____ deficiency.
- v) The premature infants have _____ supply of iron.
- vi) Each hook worm can provoke loss of about _____ ml of blood per day.
- vii) Diverticulitis is inflammation of _____.
- viii) Chronic alcoholism may lead to deficiency of _____.
- ix) Two methods of nutritional assessment are _____, _____.
- x) FFQ is used to determine the _____ of food.
- xi) The normal BMI for adult is _____.
- xii) Body fat is assessed by _____.
- xiii) Malnutrition increases the risk of _____.
- xiv) Microbial plant like _____ can be used to increase the protein in the food.
- xv) In Bal Ahar the ratio of wheat flour, ground nut flour and gram flour is _____.
- xvi) _____ is setting aside of money spent on food out of total income.
- xvii) Under nutrition in adults causes _____.
- xviii) The traditional gold standard for assessing body fat is _____.
- xix) The ratio of cereal protein to pulse protein is _____.
- xx) Cutting of vegetables into small pieces before cooking may result in loss of _____.

SECTION – II

Q2. Attempt any six questions of the following

5X6=30

- i) Prepare a chart of recommended daily allowance for pregnant a woman who is a heavy worker.
- ii) Discuss the underlying principles for development of nutrition education programme.
- iii) Discuss the role of humour in speech.
- iv) Write in brief about ICDS programme.
- v) Explain the constraints in implementation of nutrition programme.
- vi) Discuss the suggestion by Indian council of medical research for developing balanced diet.

SECTION – III

Attempt any two questions of the following

10X2=20

- i) Discuss common nutritional deficiency diseases in India.
- ii) Prepare a health education plan for a group of mothers to prevent aneamia in children
- iii) Explain various methods of cooking and preservation of food.