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MFN-006

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

[M. SC. (DFSM)]

Term-End Examination

June, 2026

MFN-006 : PUBLIC NUTRITION

Time : 3 Hours

Maximum Marks : 100

Note : (i) *Attempt five questions in all.*

(ii) *Question No. 1 is compulsory. All questions carry equal marks.*

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1. (a) Enlist the *three* levels of health care, highlighting the services provided by them. 3

- (b) What do you understand by the term 'Change Agent' ? Give *two* examples of change agents in a community. 2
- (c) Illustrate the different media/channel one can use for nutrition communication giving examples. 3
- (d) What is 'Communication for Behaviour Change' in the context of public nutrition ? 2
- (e) Give the calorie and protein content of food supplement provided at Anganwadi to : 4
- (i) children 6-72 months of age
 - (ii) pregnant and lactating women

- (f) As per FSSAI the following foods are fortified by which of the nutrients ? 2
- (i) Vegetable oil
- (ii) Salt
- (g) Enumerate the goals of National Health Mission (NHM) 2
- (h) What is NIPI ? 2
2. (a) Elaborate on the causes of malnutrition in our country. Illustrate the conceptual framework portraying its causal factors and their interaction. 10
- (b) Differentiate between food security and nutrient security. 4
- (c) In a tabular form present/enlist the schemes/programmes implemented by the Government for welfare of pregnant/lactating women and for children 3-6 years of age. 3+3

3. (a) Briefly review the measures adopted by the Government for the prevention and control of Vitamin A deficiency in India. 10
- (b) Explain the following : 5+5
- (i) Consequences of maternal zinc deficiency on maternal health and birth outcome.
- (ii) Consequences of iodine deficiency on birth outcome.
4. (a) As a public nutritionist how will you determine the nutritional status of the following using height and weight ?
- (i) Adults
- (ii) Children (3-6 years of age)

Give the classification you would use to classify them into various grades of malnutrition. 4+3+3

(b) Explain the following briefly, giving examples : 5+5

(i) Biochemical method of assessing nutritional status.

(ii) Common method used to assess dietary intake.

5. (a) Comment on the initiatives taken by the government to improve food and nutrition security for the vulnerable population. Discuss any one initiative in detail. 4+6

- (b) Explain how improving water and sanitation is an important strategy to combat malnutrition. 5
- (c) Give the objectives and components of Mid-Day Meal Programme. 5
6. (a) What is NFHS ? Highlight its major features. 7
- (b) Comment on National Nutrition Mission, highlighting its objectives and achievements. 7
- (c) Elaborate on the role of the following functionaries in the National programme : 3+3
- (i) ASHA
- (ii) Anganwadi worker

7. (a) Explain the importance of nutrition education in public nutrition. 5
- (b) Present the handy guidelines you would follow for effective message design for nutrition intervention. 5
- (c) Briefly discuss the role of formative research for programme design and planning. Also highlight the methods used in formative research. 5+5
8. Write short notes on any *four* of the following : 5+5+5+5
- (a) Benefits of Community participation in promoting nutrition health messages.
- (b) Diet modification as a strategy to improve micronutrient deficiency.

- (c) Types of evaluation conducted in public nutrition programmes.
- (d) Dose of iron and folic acid recommended for prevention of anemia among children and pregnant women.
- (e) Self employment/Wage employment scheme.

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