Name: **Enrolment No:**	UPES UNIVERSITY WITH A PURPOSE

UNIVERSITY OF PETROLEUM AND ENERGY STUDIES
End Semester Examination, May 2021

Course: Determination of Nutritional Status **Semester: IVth**
Program: B.Sc (FND) **Time: 03 hrs.**
Course Code: HSCC2011 **Max. Marks: 100**

Instructions: Read question carefully.

SECTION A

S. No.	MCQ's /Fill in the blanks/ T&F (1.5 marks each)	**30 Marks**	**CO**
1	What is the primary method of dietary assessment used in epidemiological studies? a) Weighed dairy b) 24- hour recall c) Diet History d) Food Frequency Questionnaire	**1.5**	**CO1**
2	The RDA for energy is expressed as _____.	**1.5**	**CO1**
3	BMI range between 18.5 to 24.9 indicates normal weight a) False b) True	**1.5**	**CO1**
4	India's first Nutrition Atlas is designed by _____.	**1.5**	**CO1**
5	India ranks_____ in global hunger index 2020.	**1.5**	**CO1**
6	Stunting in children reflect_____ malnutrition.	**1.5**	**CO1**
7	A 45-year-old man presents to clinic today for a yearly physical examination. His weight is 250 lb (114 kg), and his height is 5 ft, 10 in. He complains of lack of energy and admits to getting no exercise on most days. His body mass index (BMI) is: a) 16.4 kg/m^2 b) 35.9 kg/m^2 c) 64 kg/m^2 d) unknown (not enough information given to calculate BMI)	**1.5**	**CO1**
8	RDA's are basically _____plus safety margin.	**1.5**	**CO1**
9	There are 18 Sustainable development goals a) True b) False	**1.5**	**CO1**
10	The first edition of dietary guidelines was published in _____.	**1.5**	**CO1**
11	PAR stands for_____.	**1.5**	**CO2**
12	Reference ideal weight for women in RDA (2020) is _____.	**1.5**	**CO2**
13	A common anthropometric measure for infants is: a) Standing height b) Recumbent length c) Sitting height d) Laying height	**1.5**	**CO2**

14	In India the RDA's are provided by _____.	**1.5**	**CO2**
15	Nutrient deficiencies can lead to sign and symptom which can help diagnose malnutrition. a) True b) False	**1.5**	**CO2**
16	Factorial Method is used to calculating_____.	**1.5**	**CO2**
17	Vitamin___ and____ is responsible for boosting immunity.	**1.5**	**CO2**
18	Abnormal or excessive fat accumulation that present a risk to health is called_____.	**1.5**	**CO2**
19	Which of the following is the most frequently used anthropometric measure to estimate body mass? a) Fat-free mass b) Body fat c) Body height d) Body weight	**1.5**	**CO2**
20	The best indicator of adequate nutrition in an infant is a) nitrogen balance b) prealbumin c) albumin d) weight gain	**1.5**	**CO3**
	SECTION B (5 marks each question)		
Q	Short Answer Type Question (5 marks each) Scan and Upload 4 questions 5 marks. Word limit (100-120)	**20 Marks**	**CO**
1	Explain the immediate, underlying and basic causes of malnutrition.	**5**	**CO1**
2	If the world produces enough food to feed itself, why does hunger still exist? What could be the possible way to solve this issue?	**5**	**CO3**
3	How are national agencies contributing towards food security? Name any 2 schemes, which are helping people from BPL to fulfil their nutrient intake.	**5**	**CO2**
4	How Covid had impact on hunger worldwide? What according to you, govt. should do to irradiate hunger.	**5**	**CO2**
	SECTION C 30 marks		
Q	**Two case studies 15 marks each subsections**	**30 Marks**	**CO**
1	Case Study 1 (Word limit- 100-120 each question) Mehak is a nutritionist working with WHO on a project entitled "Assessment of Nutritional status of rural people of Uttrakhand". She need to fetch information on food intake and dietary habit of rural people. 1. Discuss in detail about the different approaches for diet survey. (5 marks) 2. What approach should she consider for her survey? (5 marks) 3. As a nutrition student, what would you suggest people to improve their nutritional status? (5 marks)	**15**	**CO3**

2	Case Study 2 (Word limit- 100-120 each question) Humans need a wide range of nutrients to lead a healthy and active life. The amount of each nutrient needed for an individual depends on age, body weight, physical activity, physiological state (pregnancy, lactation) etc. So basically the requirement for nutrients varies from individual to individual. ICMR- NIN had recently revised RDA (2020) after a decade. According to nutrition student: 1. What are your observation in the revised values for different macro and micronutrients? (5 marks) 2. What is the significance of RDA? (5 marks) 3. What are the factor which are taken into account while calculation RDA? (5 marks)	**15**	**CO1**
	SECTION- D 20 marks		
Q	Long Answer type Questions Scan and Upload (10 marks each) Word limit 200-250	**20 Marks**	**CO**
1	Basis for computing nutrient requirements. OR Explain the concept of ABCD, in the context of nutritional status assessment.	**10**	**CO1**
2	Link sign, symptom of deficiencies to various body parts, organs. OR How can food security and nutrition policies help our country to curb the underlying issues?	**10**	**CO3**