


Name:	
Enrolment No:	

UNIVERSITY OF PETROLEUM AND ENERGY STUDIES  
End Semester Examination, May 2022

Course: Nutrition Education  
Program: B.Sc (Food, Nutrition and Dietetics)  
Course Code: HSND2010

Semester: IVth  
Time: 03 hrs.  
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	Which of the following is micronutrient?  A. Minerals B. Protein C. Carbohydrates D. Fat	1.5	CO1
2	Which vitamin is required for calcium absorption from the small intestine?  A. Vitamin B3 B. Vitamin B7 C. Vitamin D D. Vitamin C	1.5	CO1
3	Deficiency of Vitamin B1 leads to :  A. Pellegra B. Beri-beri C. Ocular manifestation D. Neurological manifestation	1.5	CO1
4	Name the Vitamin that protects us from Pellagra disease.  A. Vitamin B7 B. Vitamin B3 C. Vitamin B5	1.5	CO1

	D. Vitamin B1		
5	<p>Fat soluble Vitamins are:</p> <p>A. Vitamin A  B. Vitamin D  C. Vitamin E  D. All of the above</p>	1.5	CO1
6	<p>According to food guide pyramid fats oils and sweets should be used.</p> <p>A. 2-3 servings  B. sparingly  C. frequently  D. 2-4 servings</p>	1.5	CO2
7	<p>Which nutrient provides the most amount of energy per gram?</p> <p>A. Minerals  B. Carbohydrates  C. Protein  D. Fat</p>	1.5	CO2
8	<p>Fruit and vegetables are important because _____.</p> <p>A. They give you energy  B. They provide you with a wide variety of vitamins and minerals  C. They are colourful  D. They are easily available</p>	1.5	CO2
9	<p>At what age should weaning start.</p> <p>A. 3 months  B. 4 months  C. 6 months  D. When the baby is ready</p>	1.5	CO2
10	<p>Vitamin A is stored in which organ.</p> <p>A. Liver  B. Kidney  C. Small intestine  D. Pancreas</p>	1.5	CO2

11	<p>Pulses are good sources of fats.</p> <p>A. True</p> <p>B. False</p>	1.5	CO3
12	<p>Milk, eggs, pulses and fishes are good sources of carbohydrates.</p> <p>A. True</p> <p>B. False</p>	1.5	CO3
13	<p>Saturated fat is better for you than monounsaturated or polyunsaturated fat.</p> <p>A. True</p> <p>B. False</p>	1.5	CO3
14	DHA stands for_____.	1.5	CO4
15	Groundnuts contain_____, which interferes with iodine use.	1.5	CO4
16	<p>Excess salt could cause high blood pressure and heart disease.</p> <p>A. True</p> <p>B. False</p>	1.5	CO4
17	<p>Which of these is added to the food label because people sometimes do not enough of this?</p> <p>A. Fat</p> <p>B. Calcium</p> <p>C. Protein</p> <p>D. Zinc</p>	1.5	CO5
18	<p>Which of the following is considered an easily digestible source of protein?</p> <p>A. Red meat</p> <p>B. Fish meat</p> <p>C. Soy-bean</p> <p>D. Egg</p>	1.5	CO5
19	<p>Piperine is a compound found in</p> <p>A. Coconut</p> <p>B. Pineapple</p> <p>C. Pepper</p> <p>D. Papaya</p>	1.5	CO5
20	<p>Which of the following yield 7kcal energy</p> <p>A. Protein</p> <p>B. Carbohydrate</p> <p>C. Fat</p> <p>D. Alcohol</p>	1.5	CO5

## 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	What are the objectives of Nutrition education?	5	CO1
2	Describe the different components of nutrition education programmes?	5	CO3
3	According to you what are the different topics of nutrition education on which people can be educated. Support your statement with suitable examples.	5	CO4
4	What points are considered while planning community nutrition education programme?	5	CO5

## SECTION C 30 marks

Q	Two case studies 15 marks each subsections	30 Marks	CO
1	<p>Case Study 1 (Word limit- 100-120 each question)</p> <p>Mana is a small village in a remote area of Garhwal region, population size comprises majorly of adolescent and elderly people. The main crops grown in this region are millets, rice and pulses. Due to poor road connectivity, many fresh edible commodities do not reach this place; hence, people are dependent on the staple crops. During last summer, health checkup of villagers was conducted with the support of PHC and ASHA workers. The results were alarming, as it showed prevalence of nutritional deficiencies.</p> <ol style="list-style-type: none"> <li>Could you highlight be the possible reason behind the nutritional deficiencies. (5 marks)</li> <li>Which measures would you take to tackle this issue? (5 marks)</li> <li>What dietary modifications would you suggest to curb the problem? (5 marks)</li> </ol>	15	CO1
2	<p>Case Study 2 (Word limit- 100-120 each question)</p> <p>Nutrition education provides people with correct information on the nutritional value of foods, food quality and safety, methods of preservation, processing and handling, food preparation and eating to help them make the best choice of foods for an adequate diet. The provision of correct information is not in itself a sufficient objective to improve nutrition. Successful nutrition education goes beyond the simple accumulation of knowledge, towards positive action.</p> <ol style="list-style-type: none"> <li>What are the issues faced by nutritionist/dietician while they plan for Food/Nutrition education program? (5 marks)</li> <li>There are several reports on how Nutritional education had significantly changed the lifestyle of community. Could you quote summary of anyone case study? Also mention how as a nutritionist you have applied your subjective knowledge to bring change in community. (10 marks)</li> </ol>	15	CO2

## SECTION- D 20 marks

Q	Long Answer type Questions (10 marks each) Word limit 200-250	20 Marks	CO
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1	What are the differentiating factors between Nutrition education and Nutrition Communication? According to you which one is the better approach.	10	CO4
2	As a nutritionist, you are given an assignment to design a Nutrition education program for a rural area community. You have underlying mandate points to consider a. Define your target group, state the reason for choosing specific group b. Problem which you would be addressing through nutrition program c. Differentiating factors in your Nutrition program. d. Plan according to different stages involved in planning nutrition education program.	10	CO5