



Time : 2 hours.

Answer All Questions

1. a) Write a brief account on principle food groups.
b) Discuss the importance of balanced diet in human nutrition.
2. a) Briefly describe the measures which you would like to adopt to prevent Protein Energy Malnutrition (PEM) in a village community.
b) What advice will you give for a mother of a preschool child in a village to prevent iron deficiency anemia.
c) Briefly describe the clinical manifestations of Xerophthalmia.
3. Discuss the importance of following in human nutrition
 - a) Recommended Daily Allowance and Food Composition Table
 - b) Non-Communicable Diseases
 - c) Breast Feeding
 - d) Diet Therapy
4. Briefly explain the following assessment methods of nutritional status in human
 - a) Dietary methods
 - b) Anthropometric measurements
 - c) Clinical methods
 - d) Laboratory methods
