

**Avinashilingam Institute for Home Science and Higher Education for Women  
(Deemed to be University) Coimbatore-641 043  
Bachelor's Degree Examination – Nov. 2018  
V- Semester**

**Class : III UG  
Major: Food Science & Nutrition**

**Time: 3 hours  
Max. Marks: 100**

**15BFNC15- Assessment of Nutritional Status  
Part-A**

**10 x 1=10**

**Choose the correct answer**

1. Mother and Child health programme focus on  
a. reduction of morbidity      b. promotion of reproductive health  
c. reduction of mortality      d. all of the above.
2. Common salt is fortified with ----- to control anaemia.  
a. iodine      b. iron      c. zinc      d. sulphur
- 3 BMI is  
a. Basal metabolic index      b. Body mass index      c. Basal mass index  
d. None of the above.
4. Glossitis is caused due to the deficiency of  
a. thiamine      b. riboflavin      c. Vitamin C      d. niacin
5. Waist hip ratio gives the distribution of ----- in the human body.  
a. Fat      b. Fluid      c. minerals      d. muscles.
6. The common symptoms of vitamin C deficiency.  
a. perifollicular haemorrhage      b. bleeding gums      c. joint swelling      d. all of the above.
7. Mid Upper Arm Circumference (MUAC) can be measured by using  
a. shakir tape      b. quack stick      c. bangle test      d. All of the above.
8. Casals necklace is a clinical symptom of ----- deficiency.  
a. Protein      b. thiamine      c. riboflavin      d. niacin.
9. Radiological methods are used to study the change of bones in  
a. rickets      b. scurvy      c. osteomalacia      d. all of the above.
10. The number of babies dying in the first year of life per 1000 births is called  
as ----- mortality rate.  
a. Infant      b. perinatal      c. toddler      d. none of the above.

**Part B**

**5 X 6=30**

**Answer the following**

**Answer should not exceed 400 words or two pages**

11. a. What are the objectives of nutritional assessment?  
(or)
11. b. Write short notes on anthropometric measurements.
12. a. Write on the biochemical assessment of Vitamin A deficiency.  
(or)
12. b. Write the procedures involved in collection of samples for biochemical tests.
13. a. Explain Vital statistics..  
(or)
13. b. Explain the relationship between cultural factors and nutritional status
14. a. Briefly explain longitudinal survey.  
(or)
14. b. List the merits and demerits of cross sectional studies.

15. a. Briefly explain sampling methods, used in research.  
(or)  
15. b Differentiate between direct and indirect nutritional assessment.

**Part C**

**5 x 12=60**

**Answer the following**

**Answer should not exceed 800 words or four pages**

- 16.a. Explain the merits of clinical examination used for assessing nutritional status.  
(or)  
16.b. How do you assess the nutritional status of school children using?
- 17.a. How will you evaluate iron and protein profile of preschool children?  
(or)  
17.b. Discuss the biochemical tests for assessing Vitamin A deficiency.
18. a. Discuss the ecological factors involved in assessing the nutritional status of the community.  
(or)  
18. b. Explain IMR and MMR with current literature.
19. a. Discuss the various method of dietary survey.  
(or)  
19. b. Explain the different types of nutritional survey.
20. a .Explain the principles of planning, sampling and executing and evaluating the data in the community with relation to nutritional status.  
(or)  
20. b. Explain three methods used to assess the nutritional status of the community.