STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI - 86 (For candidates admitted during the academic year 2016 – 2017 & thereafter)

B.Voc. DEGREE EXAMINATION, NOVEMBER 2024 FOOD PROCESSING AND QUALITY CONTROL FIFTH SEMESTER

COURSE : MAJOR CORE

PAPER : COMMUNITY NUTRITION AND FORTIFICATION OF FOODS

SUBJECT CODE : 16VF/VM/CN56

TIME : 3 HOURS MAX.MARKS: 100

SECTION- A

ANSWER ALL QUESTIONS:

 $(20 \times 1 = 20)$

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- 1. Scurvy is a condition that arises due to deficiency of
 - a. Vitamin A b. Vitamin B c. Vitamin C
- 2. The main cause of death of infants aged between 1 month to a year is
 - a. Genetic defects b. Low birth weight c. Malnutrition
- 3. The parasitic infections that is associated with iron deficiency anemia due to loss of blood in the intestines is
 - a. Amoebiasis b. Malaria c. Hookworm infection
- 4. The following anthropometric measurements used to assess acute malnutrition in children is
 - a. Mid-Upper Arm Circumference (MUAC) b. Height-for-Age
 - c. Waist-to-Hip Ratio
- 5. The term "hyperendemic" refer to
 - a. A disease that occurs sporadically in a population.
 - b. A disease that is consistently present in a specific geographic area at a high prevalence.
 - c. A sudden increase in the number of cases of a disease in a specific area.

II. Fill in the blanks:

- 6. ______ is a nutrient deficiency caused by a lack of vitamin D and calcium, often seen in undernourished populations. 7. Bitot spots are a sign of ______ deficiency.
- 8. The Maternal Mortality Rate is _____ per year.
- 9. ICDS services are primarily delivered through ______.
- 10. Deworming is a prerequisite treatment given before starting _____supplementation.

III. **State whether true or false:**

- 11. The sub scapular fat fold can be used to assess BMI.
- 12. In India, census is taken once in ten years.
- 13. Vitamin K is known to enhance the absorption of iron in the body.
- 14. Nosocomial infections spread in hospitals.
- 15. The most important indicator of health status in India is the IMR.

IV. Answer in a line or two:

- 16. Define BMI.
- 17. Expand CARE.
- 18. Mention any two consequences of overnutrition.
- 19. Why is folate added to white flour?
- 20. What are Ready to Use Therapeutic Foods?

SECTION - B

ANSWER ANY FOUR QUESTIONS:

 $(4 \times 10 = 40)$

- 21. Enlist and explain the risk factors for obesity.
- 22. Mention the causes and consequences of PEM. Write a short note on its treatment.
- 23. What are the objectives of diet surveys? Enumerate the types of diet surveys.
- 24. Comment on the role of CFTRI in improving food security.
- 25. Highlight the importance of the Mid-day meal scheme.
- 26. What are the key aspects of calcium fortification of foods?

SECTION C

ANSWER ANY TWO OUESTIONS:

 $(2 \times 20 = 40)$

- 27. Elaborate on the etiology, symptoms and prevalence of malnutrition.
- 28. Discuss the direct methods for assessing nutritional status.
- 29. Explain the factors affecting the food security system.
- 30. Summarize the different methods of fortification of breakfast cereals, snacks and beverages. Differentiate between food fortification and food enrichment.
