



BRAINWARE UNIVERSITY

Term End Examination 2023-2024
Programme – B.Sc.(FND)-Hons-2022
Course Name – Community Nutrition
Course Code - BFNC401
(Semester IV)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :
 - (i) What would be called a group of people who live in the same place?
 - a) Family
 - b) Community
 - c) Country
 - d) Team
 - (ii) What is NOT typically a characteristic of a community?
 - a) The number of parks in the neighborhood
 - b) The eye colour of most residents
 - c) The type of cars people drive
 - d) Located in a specific geographical area
 - (iii) What could be the reason a school can be considered a community?
 - a) There are many people in the same place
 - b) There are shared goals and activities
 - c) Everyone wears the same uniform
 - d) Classes happen at the same time
 - (iv) Which of the following is NOT a common clinical finding of protein deficiency?
 - a) Muscle wasting
 - b) Oedema
 - c) Brittle hair and nails
 - d) Weak immune function
 - (v) Which of the following is NOT typically measured in nutritional anthropometry?
 - a) Dietary history questionnaires
 - b) Anthropometric measurements (height, weight, etc.)
 - c) Blood tests for nutrient deficiencies
 - d) Favorite food color
 - (vi) What is the main purpose of nutritional assessment?
 - a) To diagnose specific diseases
 - b) To evaluate an individual's or community's nutritional status
 - c) To create a meal plan for weight loss
 - d) To recommend the best dietary supplements
 - (vii) Nutritional surveillance involves:
 - a) One-time assessments of a single individual
 - b) Monitoring the nutritional status of a population over time
 - c) Providing personalized dietary advice
 - d) Only focusing on people with diagnosed health conditions.

- (viii) Why is nutritional surveillance important?
- a) To create a national ranking of healthy communities
 b) To identify trends and potential problems in a community's nutrition
 c) To punish communities with poor dietary habits
 d) It's only important for developed countries
- (ix) What is the meaning of nutritional assessment?
- a) Creating a healthy recipe book
 b) Evaluating an individual's or community's food intake and nutritional status
 c) The study of different cultures' eating habits
 d) Recommending specific brands of vitamins
- (x) What is one of the objectives of nutritional surveillance?
- a) To provide personalized dietary advice to everyone in a community
 b) To monitor the nutritional status of a population group over time
 c) To diagnose and treat specific medical conditions
 d) To rank individuals based on their dietary habits
- (xi) What is the benefit of using both nutritional assessment and surveillance?
- a) They allow for quick diagnoses of individual health problems
 b) They provide a comprehensive picture of a community's nutritional health
 c) They eliminate the need for individual dietary consultations
 d) They focus solely on identifying people who are overweight
- (xii) Which vitamin deficiency can cause night blindness?
- a) Vitamin A deficiency
 b) Vitamin C deficiency
 c) Vitamin D deficiency
 d) Vitamin B12 deficiency
- (xiii) Why might this be a cause for the below mentioned concern? A patient reports low fruit and vegetable intake on a diet survey.
- a) Fruits and vegetables are good sources of essential vitamins and minerals
 b) It necessarily means the person is malnourished
 c) Only sugary fruits should be avoided
 d) There's no reason to be concerned about low fruit and vegetable intake.
- (xiv) Why might this diet (A person's diet is high in processed foods and sugary drinks, but low in fruits, vegetables, and whole grains) be inadequate in respect to the RDA?
- a) Processed foods and sugary drinks are unlikely to provide a variety of essential nutrients recommended by the RDA
 b) The RDA only applies to specific age groups
 c) There's no problem as long as the person consumes enough calories
 d) The RDA is not a reliable measure of dietary adequacy.
- (xv) Explain weakness and fatigue are often reported by patients, but not always observed during an exam.
- a) Clinical signs
 b) Symptoms
 c) Laboratory findings
 d) Medical history details

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Define the term Growth Chart. (3)
3. What is family food security? (3)
4. What is the main consequence of iodine deficiency? Why is iodine important for pregnant women? (3)
5. What are B-complex vitamins? Can a deficiency of any B-complex vitamin cause similar symptoms? (3)
6. Evaluate the term Nutritional Assessment. (3)

OR

- Explain characteristics of a community. (3)

Group-C
(Long Answer Type Questions)

5 x 6=30

7. What are the different types of communities? (5)
8. What is nutritional surveillance, and how does it differ from assessment? (5)
9. Discuss some of the factors contributing to food insecurity in different parts of the world? (5)
10. Elaborate the common B-complex deficiencies, their symptoms, and potential consequences? (5)
11. Explain some dietary sources rich in vitamin D and B-complex vitamins? Can these deficiencies be prevented through diet alone? (5)
12. Evaluate the RDA of energy and macronutrients for a student, a rickshaw Wala and a person who work sitting all day long. (5)

OR

Evaluate the effectiveness of different strategies for promoting healthy habits within a community. (5)
