

PARUL UNIVERSITY
PARUL INSTITUTE OF APPLIED SCIENCES
MID SEMESTER INTERNAL EXAMINATION, Summer 2020
B. Sc. Semester-IV
Subject: Nutrition and Dietetics

Title of the paper: Emerging public health problems and their management

Paper Code: 11109254

Date: 04/03/2020

Time: 12:00pm

Maximum Marks: 40

Instructions:

1. All questions are compulsory and options are given in first and second question only.
2. Numbers to the right of question indicate the marks of respective question.

- Q. 1** Attempt any one question of the following. (Any one) **(08)**
 (i) Morbidity and Mortality linking with NCDs.
 (ii) Role of agriculture in food security.
- Q. 2** Attempt any three questions of the following. (Any three) **(12)**
 (i) Which are the risk factors of NCDs (modifiable and non modifiable).
 (ii) Explain how globalization affects NCDs
 (iii) What will be the dietary guidelines for CVD's
 (iv) Explain the role of consumer in improving food quality.
 (v) Role of public sector
- Q. 3** Do as directed. Attempt all five questions. (each 1 mark) **(05)**
 (i) Draw a cycle of early marriage.
 (ii) What is food security?
 (iii) What is the First goal Global Action Plan for prevention of NCD
 (iv) What is the NCD burden globally and in India? (numbers)
 (v) Explain why Childhood obesity is increasing
- Q. 4** Write correct option in your answer sheet for following 15 multiple choice questions. **(15)**

| | | | | |
|-------|--|---|-----|--------------------------------------|
| MCQ 1 | Food security means: | | | |
| | (A) | Availability of food | (B) | Accessibility of food |
| | (C) | Affordability of food | (D) | All the above |
| MCQ 2 | Main purpose of buffer stock (Food storage) scheme is: | | | |
| | (A) | To save food grains from pest attack | (B) | To stop price fluctuations |
| | (C) | To meet the crisis of low production | (D) | Both (b) and (c) |
| MCQ 3 | Massive starvation takes place due to: | | | |
| | (A) | Rise in the price of essential commodities | (B) | Decline in production of food grains |
| | (C) | Drought | (D) | Both (a) and (b) |
| MCQ 4 | Which one of these is not a valid reason for food security in India? | | | |
| | (A) | Overpopulation | (B) | Hoarding and black marketing |
| | (C) | Foodgrains stores are overflowing with foodgrains | (D) | None of these. |
| MCQ 5 | How will climate change affect future food security? | | | |
| | (A) | It will have negative impacts | (B) | The impact will be positive, |

| | | | | |
|--------|--|---|-----|---|
| | | in most developing countries because of the increased frequency of droughts, storms and floods. | | because drier weather will mean less habitat for malaria mosquitoes, so fewer workers will be sick at harvest time |
| | (C) | The impact will be positive because there will be more carbon dioxide available for plant photosynthesis | (D) | There currently is no scientific consensus as to whether climate change is occurring or whether it will over the next 50 years. |
| MCQ 6 | What is one of the major reasons that developing countries are the ones that are least able to respond to complex health challenges? | | | |
| | (A) | Increase in urbanization and globalization | (B) | Decrease in localization and socialization |
| | (C) | Increase in localization and urbanization | (D) | Increase in ruralization and socialization |
| MCQ 7 | What is the difference between a communicable disease and a noncommunicable disease? | | | |
| | (A) | A communicable disease can be passed from person to person, a noncommunicable disease cannot | (B) | A communicable disease cannot be passed from person to person, while a noncommunicable disease can be. |
| | (C) | Both types of disease can be passed from person to person, but communicable diseases require direct contact with bodily fluids. | (D) | There is no difference because both still result in disease. |
| MCQ 8 | Of the following, which disease causes most death worldwide? | | | |
| | (A) | Cardiovascular disease | (B) | HIV/AIDS |
| | (C) | Malaria | (D) | Tuberculosis |
| MCQ 9 | The following is a good way to prevent non communicable diseases: | | | |
| | (A) | Eating more salt | (B) | Eating more sugar |
| | (C) | Eating more vegetables and fruits | | |
| MCQ 10 | Which of the following describes a mental benefit of physical activity? | | | |
| | (A) | Can enhance body shape | (B) | Can develop an understanding of rules |
| | (C) | Can help to relieves stress and tension | (D) | Can help to develop friendship |
| MCQ 11 | What drug in cigarettes speeds up the activities of the nervous system and heart? | | | |
| | (A) | Carbon monoxide | (B) | Alcohol |
| | (C) | Nicotine | (D) | Carbon dioxide |
| MCQ 12 | Which one of the following is a risk factor for smoking in adolescence? | | | |
| | (A) | Higher socioeconomic status | (B) | Participation in extracurricular activities, including sports |
| | (C) | Emotional closeness to parents | (D) | Physical or sexual abuse |
| MCQ 13 | What are the main causes of the obesity epidemic? | | | |
| | (A) | Increased energy quantity/density and a more sedentary life-style | (B) | Decreased leisure time activity |
| | (C) | Changes in genetic profiles | (D) | None of the options given is |

| | | | | |
|--------|---|----------------------------|-----|---|
| | | | | correct |
| MCQ 14 | The risk factors for type 2 diabetes mellitus include: | | | |
| | (A) | Family history | (B) | being overweight |
| | (C) | high intake of dietary fat | (D) | All of the options listed are correct |
| MCQ 15 | Which of these can increase your risk of high blood pressure? | | | |
| | (A) | Obesity | (B) | A family history of high blood pressure |
| | (C) | Smoking | (D) | All of the above |