

2023

FOOD AND NUTRITION — HONOURS

Paper : SEC-B-1

(Nutrition and Health Education)

Full Marks : 80

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words as far as practicable.*

1. Answer the following questions : 2×10
  - (a) Name four food sources rich in vitamin B<sub>2</sub>.
  - (b) What do you mean by 'participation' in Health Education?
  - (c) What is the concept of 'Community Nutrition'?
  - (d) Timely 'Nutritional Counselling' can prevent 'Night blindness' of a child. — Comment.
  - (e) Name four food sources rich in 'iron'.
  - (f) Why 'growth charts' for baby-boys and baby-girls are different?
  - (g) Write the difference between 'Diet' and 'Nutrition'.
  - (h) Why 'role playing' is very helpful in educating the villagers?
  - (i) Give an example of 'known to unknown' in Nutrition Education.
  - (j) What are the qualities a 'sender' should have, while he is involved in Health Education?
  
2. Write short notes on (*any four*) : 5×4
  - (a) Two-way communication
  - (b) Learning by doing in nutrition education
  - (c) Diet of a pregnant mother — how to educate
  - (d) Educating common people about advantages of taking green leafy vegetables in daily diet
  - (e) Counselling the mother of a marasmic baby.
  
3. Answer *any four* questions :
  - (a) What do you mean by 'interpersonal communication'? Discuss its merits and demerits. 4+3+3
  - (b) How will you plan and arrange a group meeting of adolescents to tell them about 'Healthy lifestyle'? — Discuss in detail. 10
  - (c) How will you plan and implement 'health care service to elderly people' at their houses, so that elderly people can be benefitted by Health and Nutrition Education? 5+5

Please Turn Over

- (d) How Telemedicine can help to teach the rural people about nutritional health programmes and proper nutrition education? — Discuss in detail. 10
- (e) Name some food rich in 'dietary fibres'. What are the 'protective functions' of 'dietary fibres'? How will you convince common people about the 'usefulness' of 'dietary fibres'? 3+4+3
- (f) Define health education. Give the objectives and importance of nutrition and health education. Briefly discuss the principles of health education. 2+4+4