

Mid-West University
Examinations Management Office

Chance Exam-2082

M.Ed. Level / III Semester

Sub: Food and Nutrition Education (HEP531)

Roll No.

Group 'A'

10×1=10

Tick (✓) the Best Answer.

1. Which of the followings is a main scope of nutrition education?
 - a. Healthy eating
 - b. Personal health
 - c. Eating breakfast
 - d. Relationship between diet and health
2. Which of the followings is a person related determinant of food choice and dietary habits?
 - a. Educational
 - b. Social
 - c. Environmental
 - d. Geographical
3. Which of the followings does not fall under the aspect of food security?
 - a. Food availability
 - b. Food access
 - c. Food utility
 - d. Food vulnerability
4. A common clinical method for assessing malnutrition includes...
 - a. Food frequency question
 - b. Vision test
 - c. Bio-chemical test
 - d. language assessment
5. Which of the followings is not a setting for nutrition education?
 - a. Family
 - b. Community
 - c. Work place
 - d. Food
6. Which of the followings is considered the best way to preserve meat and fish in rural areas?
 - a. Drying
 - b. Salting
 - c. Frying
 - d. Smoking
7. 'Moon face' is the symptom of ...
 - a. Beri-beri
 - b. Kwashiorkor
 - c. Rickets
 - d. Scurvy
8. Anemia is due to the lack of ...
 - a. Protein and vitamin
 - b. Iron and calcium
 - c. Iron and protein
 - d. Protein and calcium
9. What is the step on "Translating behavioral theories into educational and support objectives"?
 - a. Step 1
 - b. Step 2
 - c. Step 3
 - d. Step 4
10. The main aim of the information dissemination approach of nutrition education is...
 - a. Improvement of food habit
 - b. Improvement in the food and nutrition behaviors
 - c. Actively promote healthful choices
 - d. Promote on medical check up

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Level: M.Ed. / III Semester

Time: 3 hrs.

FM: 60

PM: 30

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

Attempt All the Questions.

Group 'B'

6 × 5 = 30

1. Discuss the biological and social functions of food and nutrition education in your view.
2. Describe the role of environmental determinants of food choices and dietary habits.
3. Discuss the different view of nutrition education with examples.

Or

What is ethics? Why ethics is needed in nutrition education?

4. Explain the role of mass media and social marketing on implementing nutrition education programme.
5. Explain the food production and food security system of Nepal.
6. Illustrate the concept of malnutrition and under nutrition. Describe its determinants factors.

Or

Discuss the role of nutrition education for changing dietary habit of individual.

Group 'C'

2 × 10 = 20

7. What are the common nutritional deficiency diseases of Nepalese people? Describe about them.
8. What is theory and model? Discuss the link between theory, research and programme planning.

Or

Why are national surveillance and survey being essential for assessing nutritional problems in the context Nepal.

THE END