

Mid-West University
Examinations Management Office
Surkhet, Nepal

End Semester Examination-2080

Level: M.Ed. / III Semester

FM: 60

Time: 3.00 hrs.

PM: 30

Sub: Food and Nutrition Education (HEP 531)

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

Attempt All the Questions:

Group "B"

6×5 = 30

1. Define food and nutrition. Briefly highlight its biological and social function.
2. How is nutrition education changing nutritional knowledge and healthy eating behavior of the people? Give your argument with logical explanation.
3. Hunger and malnutrition are the major public health problems in Nepal why? Give reason with examples.

Or

Highlight the different views of nutrition in your society.

4. Critically examine the local and national nutrition education program in Nepal.
5. Discuss theory and model in your own words and how you could link between theory, research and programme planning? Explain.
6. What are the developing processes of printed materials, audio and visual aids implementing nutrition education programme? Discuss.

Or

How could you have developed problem solving skill about nutrition? Explain.

Group "C"

2×10 = 20

7. Why is nutrition education the major challenge in the context of Nepal? Explain linking socio-economic and cultural aspect.
8. Discuss the assessment method of nutritional status with illustration.

Or

Suppose you are a planning officer in your project office, how could you could design nutrition education programme planning based on stepwise procedure for designing nutrition education.

THE END

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Roll No:

Group 'A'

10 × 1 = 10

Tick (✓) the best answers.

1. Nutrition education is called
 - a. balance diet
 - b. food science
 - c. education about calorie
 - d. education about food
2. Which one of the following does not fall under the aspect of food security?
 - a. Food availability
 - b. Food access
 - c. Food utility
 - d. Food vulnerability
3. Which one of the following is cultural function of food and nutrition?
 - a. Occupation
 - b. Environment
 - c. Religion
 - d. Cast
4. Which of the following is considered the best way to preserve meat and fish in rural areas?
 - a. Drying
 - b. Salting
 - c. Frying
 - d. Smoking
5. Which one of the following is the commonly used instrument for measuring upper arm circumference?
 - a. Thickness measuring tape
 - b. Shakir tape
 - c. Yellow plastic tape
 - d. MUAC tape
6. Which one of the following diseases is often seen in the people who eat only corn?
 - a. Beriberi
 - b. Pellagra
 - c. Rickets
 - d. Scurvy

7. Which is the step on "Selecting theory, educational philosophy and program components"?
 - a. Step 1
 - b. Step 2
 - c. Step 3
 - d. Step 4
8. 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
9. Which one of the followings is not a setting for nutrition education?
 - a. Family
 - b. Community
 - c. school
 - d. Food
10. Which one of the followings is an environmental determinant of food choice?
 - a. Age
 - b. Sex
 - c. Climate
 - d. Place