

Assignments

I Year Master of Science in Clinical Nutrition & Dietetics (MSc. CND)-
6th Batch (2013-14)
University of Kerala
Child Development Centre, Medical College,
Thiruvananthapuram

Instructions to candidates :

- 1) Mention your Name, Enrollment Number and Name of the course on the facing sheet.
- 2) All assignments are compulsory.
- 3) Each assignment carries 5 marks.
- 4) The assignment has to be neatly hand written and should be spiral bound. No machine typed assignment will be accepted.
- 5) The title of each paper should be specifically mentioned in the corresponding facing sheet
- 6) A self attested certificate stating that it is a bonafide record prepared by self should be attached as a separate sheet.
- 7) Each topic should be written separately as each one carries individual marks.
- 8) All seven papers should be bound in one volume with the topics clearly mentioned before each paper.
- 9) There should be an index page with page numbers.
- 10) Assignments should be submitted on or before 16.12.2014

Paper- I -Anatomy and Physiology

- 1) Describe in detail the structure of eye with the help of a diagram. Elaborate the physiology of vision with special reference to the biochemical changes occurring in retina during vision.
- 2) Elaborate the structure and functions of liver. Describe in detail the composition of bile.
- 3) Describe the functions of 12 Cranial Nerves.

Paper II– Biochemistry and Basic Nutrition

- 1) Describe digestion and absorption of carbohydrates. Explain in detail the functions of carbohydrates.
- 2) Write a note on classification of proteins. Describe the functions of proteins in detail. Your answer should have protein allowances recommended for (i) children of various age groups and adolescents (boys and girls), (ii) men (sedentary, moderate and heavy work) and (iii) women (sedentary, moderate and heavy work, pregnancy and lactation).
- 3) “Water is a colourless and odourless liquid made up of molecules containing two atoms of hydrogen and one atom of oxygen.” Describe the importance of water in the human body and daily requirement. Elaborate the problems of dehydration and preventive strategies.

Paper III- Food Sanitation and Hygiene

- 1) Assume that you will be appointed as the dietician of a new hospital where the management is planning to set up a canteen. Describe the strategies to be adopted for solid and liquid waste management. Your answer should be elaborate.
- 2) What are the general principles of food storage? Give three recipes which are preserved by sun drying?
- 3) Discuss the various food borne diseases and strategies for prevention.

Paper IV – Public Health & Bio-statistics

1. Discuss the ethical issues in medico-social research. Your answer should be precise with examples.
2. Discuss the various National Intervention programmes to combat malnutrition in India.
3. Explain common statistical packages used in the analysis of data emphasizing their merits and demerits.

Paper V – Food Science

1. Describe in detail the processing of milk and milk products.
2. Discuss in detail the sociocultural and economic factor affecting food consumption in India.
3. Explain the implications of Essential fatty acids in human health.

Paper VI- Nutrition through Life Cycle

1. Explain nutritional requirements of the elderly. Prepare a diet chart for bed-ridden elderly people with diabetes, hypertension and cardiac problems.
2. Assessment procedures of the nutritional status of children (0-12 years), adolescents and pregnant and lactating mothers.
3. “Food faddism is an important issue during adolescence”. Comment on this issue in detail.

Paper VII- Research Methods

- 1) Explain different types of research designs in medical research.
- 2) “A hypothesis is an assumption or supposition to be proved or disproved”, explain need, significance, sources, types, steps and testing of hypothesis.
- 3) Describe different tools of data collection in detail emphasizing the measurement methods.