



MADHYA PRADESH BHOJ (OPEN) UNIVERSITY, BHOPAL

e/; in'k Hkk t 1/2eDr 1/2 fo'ofok|ky;] Hkkiky

Accredited with "A" Grade by NAAC

DIPLOMA IN NUTRITION AND HEALTH EDUCATION (DNHE) (SESSION 2024-25) (June-July)

SUBJECT: NUTRITION FOR THE COMMUNITY

ASSIGNMENT QUESTION PAPER- FIRST

MAXIMUM MARKS: 30

fun'k&

01- I Hkh i'u Lo; dh gLrfyfi e gy djuk vfuok; gA

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03- l=h; dk; mRrjifLrdk d iFke i"B dk lko/kkuhiod ijk Hkj vkj mle mlh fo'k; dk i'ui= gy dj tk mRrjifLrdk d iFke i"B ij vfd r fd;k gA

04- l=h; dk; mRrjifLrdk viu v/;u dUn ij tek dj mldh ikorh vo'; iklr dJA

uM i'u dekd 01 l 05 rd d i'u y?mRrjh; i'u gA iR;d i'u 02 vid dk gA

i-1 Hkk tu] ik'k.k rFkk LokLF; dk ikfjHkkf'kr dhft ;A

Define Food, Nutrition and health.

i-2 lrfyr vkgkj D;k gkrk g \ bl cukr le; fdu crkr dk /;ku j[kuk pkfg; \

What is balanced diet? Which points should be considered while it's planning?

i-3 HkkT; inkFkk d p;u d fl)kUr D;k g \

What are the principles of food selection.

i-4 Hkkjr e ekr &dik'k.k dh oreku fLFkr D;k g \

What is the current Status of maternal malnutrition in India.

i-5 thjkFkyfe;k D;k g \ bld cpko d fy; ljdkj }kjk fd; tk jg mik; crkb;A

What is xerophthalmia ? What are the prevention Strategies done by government?

uM i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;d i'u 04 vid dk gA

i-6 dkckgkbMV d dk; rFkk iklrh l/ku crkb;A bldh deh l mRiUk jkxk dk d l cpko djxA

State function and dietary sources of carbohydrates. . How will you prevent its deficiency diseases?

i-7 lenk; e foVkfue ^,^ dh deh d dkj.k crkb;A

State the causes of deficiency of vitamin A in community.

i-8 xHkorh ,o /kxh efgyk d vkgkj vk;ktu d l djxA

How will you plan a meal for pregnant and lactating mother.

i-9 HkkT; l xg.k ij fuc/k fyf[k;A

Write an essay on food storage.

i-10 ekVki d idkj crkr g; vkgjh; ic/ku le>kb;A

Explain types of obesity and its dietary management.



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i-1 ikVhu dk oxhdr dhft ;A

Classify Proteins.

i-2 vkgkj vk;k tu d fl)kur fyf[k;A

Write down Principles of meal planning.

i-3 ctV d idkj crkb;A HkkT; inkFkk dk ctV cukr le; fdu fdu crk dk /;ku j[kxA

Explain types of Budget. Which points you consider while planning food Budget..

i-4 ik"K.k rFkk lde.k dk vki l h lc/k le>kb;A

Explain relation between nutrition and infection.

i-5 Hkkjr e ,uhfe;k d dkj.kk rFkk cpko d mik; crkb;A

State Causes and Prevention of Anemia in India.

ukM i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;id i'u 04 vd dk gA

i-6 olk d dk; ikflr L=kr fyf[k;A

Write down function and dietary sources of lipids.

i-7 vk;kfMu ,o dfY'k;e dh deh d dkj.kk dk mYy[k djr g; ikflr lk/ku crkb;A

Explain the causes of deficiency of Iodine and Calcium and state its dietary Sources.

i-8 ik<koLFkk rFkk fd'kkjkoLFkk dk vkgkj vk;k tu dhft ;A

Plan a meal for an adult and adolescent.

i-9 ik"K.k Lrj tkuu dh fof/k;k fyf[k;A

Write down methods to know nutritional Status.

i-10 e/keg d idkj crkb;A bldk vkgkj; ic/ku d l djxA

State types of Diabetes. How will you manage diet?



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i-1 pkj idkj dh LoPNrk D;k gA

What are the 4 types of hygiene?

i-2 egkekjh d fl)kr d ckj e fyf[k;A

Write about the principal of epidemiology.

i-3 LokLF; d fy; ,f'k;kb ifji{; D;k egRoik gA

Why is Asian perspective important for health?

i-4 Ropk d lde.k dk le>kb;A

Explain the skin infection.

i-5 ikFkfed LokLF; n[kHkky -II d dk;k dk crkb;\

Give the Function of Primary health care -II.

ukM i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;d i'u 04 vid dk gA

i-6 HkkT; tUe chekjh gku dk lcl cMk dkj.k D;k g\ ppk dfj;A

What is the biggest reason of Food Borne diseases? Discuss.

i-7 ik"K.lc/kh fodkjk dk vkgkj ic/ku fyf[k;A

Write the dietary management of Nutrition related disorders.

i-8 {k; jkx d ckj e foLrkj l crkb;A

Give in details about Tuberculosis.

i-9 ifjokj fu;ktu d fy; lkekU; mi;kx e yk, tku okyh fof/k;k crkb;A

Give Commonly used method of family planning?

i-10 vifu"V fuinku dh fof/k;k dk le>kb;A

Explain the method of waste disposal?



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i-1 Ienk; d LokLF; e LoPNrk dk egRo crkb;A

What is the importance of hygiene in public Health?

i-2 Ropk l de.k dk le>kb;?

Explain Skin Infection?

i-3 In"K.k d idkj crkb;A

Give the types of Contamination?

i-4 lkeKU; HkkT; tU; chekjh&I ij fuc/k fyf[k;A

Write an essay on food borne disease-I.

i-5 lk;koj.k cpko dk le>kb;A

Explain Environmental Protection?

ukM i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;d i'u 04 vid dk gA

i-6 Ienk; ,o xg l j{kk dk foLrkj l le>kb;A

Explain the Public and home Safety in detail.

i-7 eh l hY l] eyfj;k] VhVu l d ckj e fyf[k;A

Write about measles, malaria and tetanus.

i-8 0;fDrxr LoPNrk d egRo dk crkb;A

Give the importance of personal Hygiene?

i-9 chekjh e vkgkj d ie[k fl)kur D;k g\

What are the basic principles of diet in disease?

i-10 fuEu e l fd l h ,d dk le>kb;A

v½ ifjokj fu;ktu dk;de

c½ LokLF; dk;de

Explain any one of the following.

a) Family planning programme

b) Health Programme



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i-1 Ikenkf;d LokLF; l vki D;k le>r g\

What do you mean by community health?

i-2 vPN In'k e dku dku l x.k gkr gA

Which qualities have a good message?

i-3 xj e'khu ehfM;k le>kb;A

Explain non-machine media.

i-4 ik"K.k ,o LokLF; f'k{kk e 0;fDrxr j.kuhfr D;k gkrh g A

What are individual strategies in nutrition and health education?

i-5 io d ik"K.k dk;dek dk lenk; ij iMu oky iHkko dk o.ku dhft;A

Describe the effect of past-nutrition programmes in communities .

ukM i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;id i'u 04 vid dk gA

i-6 Ikenkf;d LokLF; ,o ik"K.k dk iHkkfor dju oky dkjd dku dku l g\

Which factors affect community nutrition and health?

i-7 tulpkj ehfM;k dk o.ku dJA bld x.k nk"K crk,A

Describe mass communication media. State its advantages and disadvantages.

i-8 ikjEifjd igp ½approach½ D;k g \bldh in'ku rduhd crkb;A

What is traditional approach? State its presentation technique.

i-9 Ikenkf;d j.kuhfr le>kb;A

Explain Community Strategies.

i-10 fd l h ik"K.k f'k{kk ikxke dk eY;kdu d l djxA

How will you evaluate any nutrition education programme.



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i-1 Hkkjr e lkenf;d LokLF; dk Lrj D;k g\

What is the Status of Community health in India?

i-2 leg lpkj fd l dgr gA

What is group Communication?

i-3 ik"K.k ,o LokLF; f'k{kk d fofHkUUK igp ekx½ approach ½ d uke crkb;A

Name the approaches used in nutrition and health education.

i-4 ekMu ,ikpl D;k gA

What are modern approaches?

i-5 p;fur LVVthl d vkij'ku dk in'ku d l djxA

Describe presentation of the operation of selected strategies.

ukM i'u dekd 06 l 10 rd d i'u nh?mRrjh; i'u gA iR;id i'u 04 vd dk gA

i-6 ik"K.k ,o LokLF; f'k{kk dh FkhE l D;k gA

What are the themes of nutrition and health education?

i-7 lpkj e e'khu vkijVM fMokbl l dh ;ktuk vkj r;kjh dk o.ku dhft ;A

Describe planning and preparation of machine operated devices in communication.

i-8 ekMu ,ikpl dk in'ku d l djxA

How will you present modern approaches?

i-9 lkenf;d j.kuhfr;k dh r;kjh ,o iLrrhdj.k d l djxA

How will you present preparation of Community Strategies?

i-10 fd l h lkenf;d ik"K.k f'k{kk ikxke dh ;ktuk rFkk fd;kUo;u d l djxA

How will you plan and implement any Community programme.