

WORKSHEET ON HOMESCIENCE

SUBJECT: HOMESCIENCE

CLASS : XII

CHAPTER: 3: Public Nutrition and Health

Date: 13/07/2020

Q.1. What is public health Nutrition?

Q.2. List the Nutrition Programmes operating in our country.

Q.3. What are the Nutrition Problems in India?

Q.4. What are the various strategies that can be used to combat various Public Nutritional Problems?

Q.5. What are the consequences of IDA and IDD?

Q.1. What is public health Nutrition?

Ans:

Public health nutrition is the field of study that is concerned with promotion of good health through prevention of nutrition-related illnesses / problems in the population, and the government policies and programmes that are aimed at solving these problems. This field is multidisciplinary in nature and is built on the foundations of biological and social sciences. It differs from other fields of nutrition e.g. clinical nutrition and dietetics, because the professionals are required to address problems of the community / public specially the vulnerable groups. Public Nutrition is a special body of knowledge derived from the nutritional, biological, behavioural, social and managerial sciences. It can also be described as the art and science of promoting health and preventing diseases, prolonging life, through the organised efforts/action of society.

Q.2. List the Nutrition Programmes operating in our country.

Ans: The Nutrition Programmes operating in our Country are:

1. ICDS: It is an outreach programme for early childhood care and Development.
2. Nutrient Deficiency Control programmes, namely, National Prophylaxis programme for prevention of blindness due to vitamin A deficiency, National Anemia control programme, National Iodine deficiency disorder control programme
3. Food Supplementation programmes like the Mid-day meal programme,
4. Food security programmes, namely, Public Distribution System, Antodaya Anna Yojana, Annapurna Scheme, National Food for Work Programme, and
5. Self-employment and wage employment schemes.

Q.3. What are the Nutrition Problems in India?

Ans: The Nutrition Problems in India are:

- a) Protein- Energy Malnutrition(PEM) (**Describe**)
- b) Micronutrient deficiencies(**Describe**)
 - i) Iron-deficiency anemia (IDA) (**Describe**)
 - ii) Vitamin A deficiency (VAD) (**Describe**)
 - iii) Iodine deficiency disorders (IDD) (**Describe**)

Q.4. What are the various strategies that can be used to combat various Public Nutritional Problems?

Ans: There are various strategies that can be used to combat public nutrition problems. They are broadly classified as:

- a) Diet or food-based strategies (**Describe**)
- b) Nutrient-based approach or medicinal approach(**Describe**)

Q.5. What are the consequences of IDA and IDD?

Ans: The consequences of IDA and IDD are as below:

IDA: Iron-deficiency anemia (IDA): IDA occurs when hemoglobin production is considerably reduced and it results in low levels of haemoglobin in blood. Symptoms depend on the rate of fall in hemoglobin. Since hemoglobin is required for carrying oxygen in the body, any physical exertion leads to shortness of breath (breathlessness on slight exertion) and the person complains of fatigue and may feel lethargic. Manifestations of IDA include general pallor, paleness of conjunctiva of eyes, tongue and nail beds and soft palate. In children, cognitive functions (attention span, memory, concentration) are adversely affected.

IDD: Deficiency of iodine results in insufficient amount of thyroid hormone which is synthesised by the thyroid gland