**40th Batch**

**Tutorial on Nutrition – 16th December 2021 – 1-3 pm**

1. i. What are the micronutrient deficiency disorders of public health

 significance in Sri Lanka?

 ii. Briefly describe the health interventions available to detect and prevent these disorders?

 iii.How would you manage a person with a micronutrient deficiency?

2. i  What are the methods available to assess  dietary intake at population level and individual level?

 ii. Outline the advantages and disadvantages of

\* retrospective dietary assessment methods

\* prospective dietary assessment methods

iii. What are the dietary assessment methods you would use in following situations? Give reasons for your choice.

\* assessing diet of an obese school child at SMI

\* assessing the dietary intake of an underweight preschool child presented at the MCH clinic

\* assessing the macronutrient intake of pregnant women in Sri Lanka

\* assessing the effect of three diet plans on serum cholesterol levels in a clinical trial

Head/ Dept. of Community Medicine

13th December 2021