

**Multi-Sectoral Nutrition Strategy**  
**Global Learning & Evidence Exchange (MSN-GLEE)**  
**Linking Science and Programming: Session 5: Micronutrients and Food Fortification**

**Instructions:** You have five minutes to select the option that you consider correct for each one of five questions (i.e. one minute per question). At the end of the session, we are going to respond to the questions together.

1. Diets rich in whole cereals and legume seeds (beans, chick peas, lentils, groundnuts) places the population at risk of suffering deficiency of:
  - a. Folate
  - b. Vit. B<sub>6</sub>
  - c. Vit. B<sub>1</sub>
  - d. Niacin
  - e. Zinc
  
2. Mass-fortification uses very commonly eaten products such as staples and condiments to incorporate micronutrients. The main advantage of this type of food fortification over other micronutrient-delivering strategies (biofortification, complementary foods, supplements as micronutrient powders, e.g.) is:
  - a. It corrects micronutrient deficiencies
  - b. It is the easier among all the micronutrient-delivering interventions to implement
  - c. Takes advantage of an already existent delivery system
  - d. It does not modify the sensorial properties of the fortification vehicle
  - e. All the above choices are true
  
3. One of the listed micronutrients is difficult to be added in biological-significant amounts into cereal flours:
  - a. Vitamin A
  - b. Iodine
  - c. Vitamin D
  - d. Vitamin B<sub>12</sub>
  - e. Calcium
  
4. Assuming the same daily intake of salt and using the data of the table below, select the country where the population is receiving the largest amount of iodine through iodized salt:

PARAMETER	Guatemala	Zambia	Mexico	Panama	Costa Rica
Mean iodine content (mg l/kg)	26.1	53.1	30.9	36.2	36.5
% samples above 15 ppm iodine	82.7	88.4	94.4	96.2	100.0

- a. Guatemala
  - b. Zambia
  - c. Mexico
  - d. Panama
  - e. Costa Rica
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5. An effective food fortification program requires of:
    - a. Appropriate design to fit conditions of each context
    - b. Logical and sensible standards that reflect the reality of the fortification process
    - c. Introduction of a governmental reliable and permanent enforcement system
    - d. Implementation of performance and effectiveness monitoring from the beginning
    - e. All the above choices are true