

CFN

## **Certificate Programme in Food and Nutrition**

**ASSIGNMENTS 1-3**  
**January 2016 and July 2016**



**School of Continuing Education**  
**Indira Gandhi National Open University**  
**Maidan Garhi, New Delhi -110068**

# Certificate Programme in Food and Nutrition (CFN)

## ASSIGNMENTS 1-3

2016

Dear Students,

You will have to do three assignments in all. Each Tutor Marked Assignment carries 100 marks.  
The course-wise distribution of assignments is as follows:

Assignment 1 (TMA) - based on CFN -1

Assignment 2 (TMA) - based on CFN -2

Assignment 3 (TMA) - based on CFN -3

### INSTRUCTIONS

Before attempting the assignments please read the following instructions carefully.

- 1) Read the detailed instructions about assignments given in the Programme Guide.
- 2) Write your roll number, name, full address and date on the top right corner of the first page of your response sheet(s).
- 3) Write the course title, assignment number and name of the study centre you are attached to in the centre of the first page of your response sheet(s).

The top of the first page of your response sheet should look like this:

	Enrolment No .....
	Name .....
	Address .....
Course Title .....	
Assignment No .....	Date .....
Study Centre .....	

- 4) Use only foolscap size paper for your responses and tie all the pages carefully.
- 5) Write the question number with each answer.
- 6) You should write in your own handwriting.
- 7) Submission: The completed Assignment should be sent to the Coordinator of the Study Centre allotted to you.

## A Note of Caution

It has been noticed that some students are sending answers to Check Your Progress Exercises to the University for evaluation. Please do not send them to us. These exercises are given to help in judging your own progress. For this purpose, we have provided the answers to these exercises at the end of each Unit. We have already mentioned this in the Programme Guide.

Before dispatching your answer script, please make sure you have taken care of the following points:

- Your roll number, name and address have been written correctly.
- The title of the course and assignment number has been written clearly.
- Each assignment has been written on separate sheets and pinned properly.
- All the questions in the assignments have been answered.

Now read the guidelines before answering questions.

## GUIDELINES FOR TMA

The Tutor Marked Assignments have two parts.

**Section A: Descriptive Questions** (60 marks)

**Section B: Practical Activities** (40 marks)

## POINTS TO KEEP IN MIND

You will find it useful to keep the following points in mind:

- 1) **Planning:** Read the assignments carefully. Go through the units on which they are based. Make some points regarding each question and then rearrange these in a logical order.
- 2) **Organization:** Be a little more selective and analytical. Give attention to your introduction and conclusion. The introduction must offer your brief interpretation of the question and how you propose to develop it. The conclusion must summarize your response to the question.

**Make sure that your answer:**

- a) is logical and coherent;
  - b) has clear connections between sentences and paragraphs;
  - c) is written correctly giving adequate consideration to your expression, style and presentation;
  - d) does not exceed the number of words indicated in the question.
- 3) **Presentations:** Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underline the points you wish to emphasize.

# ASSIGNMENT 1

## (TMA-1)

Course Code : CFN-1

Assignment Code : CFN-1/AST-1/TMA-1 /16

For January 2016 session last date of Submission: 1<sup>st</sup> March, 2016

For July 2016 session last date of Submission: 15<sup>th</sup> September, 2016

Maximum Marks: 100

Assignment-1 consists of two parts and is of 100 marks. The weightage given to each part is indicated in the brackets.

- a) Descriptive type question (60 Marks)
- b) Practical exercise (40 Marks)

### PART A: DESCRIPTIVE TYPE QUESTION (60 MARKS)

There are ten questions in this part. Answer all questions.

1. Give the functions and food sources of the following nutrient: (5)
  - a) Vitamin A
  - b) Iron
  - c) Protein
  - d) Calcium
  - e) Carbohydrates
2. List down the different types of cooking methods. (5)
3. Briefly explain the methods of preserving perishable foods. (5)
4. Briefly explain the following: (5+5+5)
  - a) Nutritive value of cereals
  - b) Role of fats and oils in food preparation
  - c) Effects of precooking methods on quality of food
5. List down the main functions of food. Explain one function in detail. (5)
6. What are the advantages of sprouting and fermentation? (4)
7. What are the types of convenience foods? List the advantage and disadvantage of usage of convenience food. (5)
8. Briefly explain the physiological and socio-cultural factors influencing food acceptance. (5)
9. Briefly discuss the uses of sugar in different food preparations depending on their properties. (5)
10. What points would you keep in mind while selecting/purchasing the following: (6)
  - a) Vegetable
  - b) Spices

**PART B: PRACTICAL EXERCISE**

**(40 MARKS)**

There are four exercises in this part. You have to attempt all exercises.

1. Observe and record the practice related to food hygiene adopted for the following in your home: (10)
  - a) Food preparation
  - b) Food service
  - c) Storage of food and water
  - d) Storage of leftover
  - e) Disposal of waste
2. Name any one food item associated with the following physiological conditions in your community? Give the Method of preparation, ingredients used in making the food item(s) and the nutritive significance of each of the food item. (12)
  - a) Infant below 6 months
  - b) Pregnancy 8<sup>th</sup> month
  - c) Post natal period (lactating woman 3 days after delivery)
3. Cook the following pulses and compare the time taken: (8)
  - a) Sprouted pulse
  - b) Rajmah
  - c) Arhar dal

Give reason for the difference in the time taken
4. Conduct a Market survey in your locality by visiting a Food mall, retail shop etc. List down the 10 convenience foods available in these shops/mall and note down the nutritional composition of these food items along with their cost? (10)

## **ASSIGNMENT 2**

### **(TMA-2)**

**Course Code : CFN-2**

**Assignment Code : CFN-2/AST-2/TMA-2 /16**

**For January 2016 session last date of Submission: 15<sup>th</sup> March, 2016**

**For July 2016 session last date of Submission: 30<sup>th</sup> September, 2016**

**Maximum Marks: 100**

**Assignment-2 consists of two parts.**

- a) Descriptive type question (60 Marks)
- b) Practical exercise (40 Marks)

#### **PART A: DESCRIPTIVE TYPE QUESTION (60 MARKS)**

There are ten questions in this part. Answer all questions.

1. What is food? Briefly explain its functions. (6)
2. What is protein energy malnutrition (PEM)? Explain the causes and clinical features of PEM and elaborate on the preventive measures. (10)
3. What are the advantages of breastfeeding? (5)
4. What is the role of infection in causing malnutrition? (4)
5. Define the problems of adolescence that might affect nutritional status. (5)
6. What are the factors affecting food acceptance? (5)
7. What is growth monitoring? How would you monitor the growth of the children? (5)
8. What are the 3 critical periods of growth? Explain why nutrition requirement is high during these periods. (5)
9. Explain how the energy varies with age and the kind of physical work. (5)
10. What specific consideration would you keep in mind while planning diets for: (5+5)
  - a) Pregnant woman
  - b) Preschool children

**PART B: PRACTICAL EXERCISE**

**(40 MARKS)**

There are four exercises in this part. You have to attempt all exercises.

1. Plan 2 dishes that can be given to infant as a complementary food.  
(Give the ingredients and method of preparation and the nutritive value of the dish). (10)
2. Record the weight of 10 children below 6 years in your locality. Determine their growth status using the weight chart given in Block 2, Unit 5, Section 5.6. Record your observations in a tabulated form? (10)
3. Meet a pregnant woman in your locality; record her food intake for 24 – hour’s period. Record the food intake in household measure for e.g. Katori/plate/ spoon/glas; (also give in terms of weight in grams); Number of serving for chapati/roti/ bread/puri/idli/papad, etc. Check the food consumption with the daily food guide as given in Block 1, Unit 3, Section 3.3. Mention the number of serving she has consumed of for all food groups. (10)

Based on this give the answer of following question:

- a) Are the number of serving she is taking from each food group enough for her age and stage of pregnancy?
  - b) If the diet is not nutritionally adequate, suggest modifications that she should make to have a well balanced diet.
4. List the points you would keep in mind while planning a diet for an elderly person. Plan two dishes for a 70 year old vegetarian lady who has ill fitting dentures? (10)  
(Give the ingredients and method of preparation also).

# ASSIGNMENT

## (TMA-3)

Course Code : CFN-3

Assignment Code : CFN-3/AST-3/TMA-3 /16

For January 2016 session last date of Submission: 31<sup>st</sup> March, 2016

For July 2016 session last date of Submission: 15<sup>th</sup> October, 2016

Maximum Marks: 100

Assignment-3 consists of two parts.

- a) Descriptive type question (60 Marks)
- b) Practical exercise (40 Marks)

### PART A: DESCRIPTIVE TYPE QUESTION (60 MARKS)

There are ten questions in this part. Answer all questions.

1. a) What are the factors which influence the food expenditure? (5)  
b) What factors you need to keep in mind while preparing a food budget? (5)
2. Explain the concept of kitchen garden. (5)
3. What is the role of animal husbandry in Indian agriculture? (5)
4. What are the objectives and achievements of operation flood phase-I? (5)
5. How is a grading done in food grain, fruits and vegetables? (5)
6. What are the salient features of the Consumer Protection Act 1986? (5)
7. List the different feeding programme. Explain any one in details. (10)
8. List some important measures to be taken to avoid buying adulterated foods. (5)
9. What are the different agencies providing consumer education? Explain any one. (5)
10. What are the different types of subsidy given to the farmers on agriculture? (5)

### PART B: PRACTICAL EXERCISE (40 MARKS)

There are four exercises in this part. You have to attempt all exercises.

1. Prepare a food budget for your family for a period of 3 months. (10)
2. Collect and record the data on different subsidies and their amount in agriculture sector granted by the government of the state you live in for the inputs used by the agriculture sector (you may visit the office of the block development officer to get this information ). (10)
3. Visit an anganwadi center functioning under ICDS programme in your town. Prepare a list of service provided, different beneficiary's benefitting from the services. (10)
4. Visit a retail shop and list down any 10 items of food available for purchase both in the packed form and loose form. Record the prices per unit (per kilo or 100 gm) and compare the items and give your observations regarding the quality and price of the commodities. (10)