

ANC-1

**Bachelor's Degree Programme
(BDP)**

**Application Oriented Course
Nutrition for the Community ANC-1**

**ASSIGNMENTS
JULY 2023/January 2024**



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

**Application Oriented Course
Nutrition for The Community ANC-1**

ASSIGNMENT 1

July 2023/ January 2024

Dear Students,

You will have to do one assignment as part of ANC course. THIS ASSIGNMENT IS COMPULSORY. Assignment is based on Block 1-7 and Practical Manual of ANC-1.

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	

- 1) Use only foolscap size paper for your responses and tie all the pages carefully.
- 2) Write the question number with each answer.
- 3) You should write in your own handwriting.
- 4) 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 despatching 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 have 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: Short Answer Questions (40 marks)

In this section, you have to answer questions of descriptive type.

Section B: Practical Activities (40 marks)

You would be required to submit your responses to activities given in Practical Manuals 1, 2 and 3 respectively.

Section C: Objective Type Questions (20 marks)

You would be required to submit your responses to activities given in Practical Manuals 1, 2 and 3 respectively.

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: ANC-1

Assignment Code: ANC-1/AST-1/TMA-1 /22

For July 2023 session last date of Submission: 30th April, 2024

For January 2024 session last date of Submission: 30th October, 2024

**Maximum Marks: 100
(40 marks)**

Section A – Descriptive Type Questions

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

1. a) Briefly describe the functions of food in our body, giving appropriate examples. (2)
b) Give the food sources and functions of the following nutrients in our body : (1 + 1)
(i) Proteins
(ii) Fats
2. Explain the concept of Recommended Dietary Allowances and its significance in planning balanced diets. (3)
3. a) List the factors affecting meal planning. Explain briefly the role of any one factor in meal planning. (3)
b). What specific considerations should the mother of a preschool child remember while planning meals for her child? (2)
4. Which nutrients are of particular importance, other than energy and protein, in the diet of the following and why ? (2+2)
(i) Lactating women
(ii) Infants
5. a) Enumerate the dietary principles and dietary modifications you will advocate to obese adult women. (2)
b) Elaborate the measures you would adopt to prevent Vitamin A deficiency in a community. (2)
6. a) Briefly explain any one method and the principles involved in preservation of food at the home level. (2)
b) List the points you would keep in mind while selecting milk and milk products. (2)
7. a) Describe the key services provided to pregnant and nursing women under the ICDS programme. (2)
b) Mid Upper Arm Circumference (MUAC) is a useful indicator for assessment of nutritional status. Justify the statement highlighting the cut-offs you will use to categorize children into different grades of malnutrition. (2)
8. As a food service manager, what points would you keep in mind regarding the following ? (2x2)
(a) Deciding on the menu
(b) Purchasing equipment
9. a) Enlist the factors influencing food budget. (2)
b) Discuss the following methods to enhance the nutritive value of foods, giving examples :
(i) Fermentation
(ii) Food combinations (1 + 1)
10. Why is menu a very important focal point for all activities in a food service unit ? Explain giving examples. Briefly discuss the role of cycle menu in food service unit. (4)

Section B - Practical Activities

(40 marks)

There are four exercises in this section. These exercises are based on Practical Manual 1 & 2. Answer all four.

1. Do you include sprouted or fermented foods in your diet? Describe one sprouted and one fermented dish commonly consumed in your region? (Refer to Activity 3 of Practical Manual Part-I).

(10)

2. Identify any two families in your neighborhood, one belonging to the low income group (Family A) and the other to the high income group (Family B). Conduct a diet survey (preferably for two to three days) to find out the food purchases of these two families. Note the expenditure on different food items as indicated in the following table and evaluate what percentage of the total income (of the two families) is spent on food expenditure? (Refer to Activity 2 of Practical Manual -2)

(10)

Food Group	Food Items	Amount Spent (Family A)	Amount Spent (Family B)

3. St. Marry’s School has decided to supply nutritious mid-day snacks to its students on reasonable rates. There are 100 children in the school between the age of 3 to 5 years. Give a cycle menu of snacks which can provide 300 Kcal and 12 gm protein at the rates given by school authorities. Identify the nutrients provided in each snack. (Refer to Activity-7 of Practical Manual Part-2)

(10)

Day	Menu	Energy	Protein	Fat	Carbohydrate
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

4. Prepare any two recipes for a pregnant mother. Also describe the following : (Refer to Activity 6 of Practical Manual -2)

(10)

- i) Name of the recipe
- ii) List of ingredients
- iii) Method of preparation
- iv) Nutrients provided

Section C- Objective Type Questions (OTQ)

(20 marks)

a. Define the following terms:

(10)

1. Menarche
2. Dietary Fibre
3. Colostrum
4. Atherosclerosis
5. Food Label
6. Basal Metabolism
7. Essential Amino acid
8. Cretinism
9. Growth Monitoring
10. Saturated Fat

b. Match List I with List II

(10)

List I

- i. Carbohydrates
- ii. Vitamin B₁₂
- iii. Fats
- iv. Vitamin B₁
- v. Sodium
- vi. Moon Face
- vii. Potassium
- viii. Muscle wasting
- ix. Vitamin D deficiency
- x. IDD

List II

- a. Extracellular fluid
- b. 9 Kcal
- c. Goitre
- d. Cobalamine
- e. Marasmus
- f. 4 Kcal
- g. Rickets
- h. Thiamine
- i. Intracellular fluid
- j. Kwashiorkor