

ANC-1

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

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

**ASSIGNMENTS
July 2024/January 2025**



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

Application Oriented Course Nutrition for The Community ANC-1

ASSIGNMENTS 1

July 2024/ January 2025

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	

- 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 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 /24

For July 2024 session last date of Submission: 30th April, 2025

For January 2025 session last date of Submission: 30th October, 2025

Maximum Marks:100

Section A – Descriptive Type Questions

**(40
marks)**

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

1. a). Explain the physiological function of food briefly. (3)
b) List the four dimensions of health. (1)
2. a) Describe the process of digestion, absorption and utilization of carbohydrates in the body. (2)
b) "Water is essential for life". Justify the statement highlighting the role water plays in our body (2)
3. a) Enumerate the functions of the following in our body : (1+1)
(i) Proteins
(ii) Fats
b) Enlist the different fat soluble and water soluble vitamins required by the body? (1+1)
4. a) List the minerals required in very small amounts in the body. Enumerate the common disorders caused by the deficiency of any one mineral. (1+1)
b) What is a balanced diet? Enumerate the guidelines you would follow to ensure balanced diets. (2)
5. a) What major dietary considerations you would keep in mind while planning meals for : (2+2)
(i) Ram a 3 year old child
(ii) A pregnant women in the third trimester
6. a) What is a food budget ? List the steps in preparing a food budget. (2)
b) Enlist the points you would keep in mind while selecting the following food items: (1+1)
(i) Milk and milk products
(ii) Fats and oil
7. a) Briefly explain the factors that play an important role in food spoilage. (2)
b) Why do we preserve foods? Name any one method and the principle involved while preserving food at the home level. (1+1)
8. Explain briefly the following :
(a) Food contamination by micro-organisms. (2)
(b) Agencies involved in consumer protection. (2)
9. (a) Enumerate the clinical features of : (1+1)
(i) Xerophthalmia
(ii) Iodine deficiency disorder

- (b) Briefly explain the effect of infection on nutritional status of children. (2)
10. (a) What is the effect of maternal malnutrition on fetus and infant? Explain in brief. (2)
- (b) Enlist any two recommended anthropometric measurements you would use for nutritional assessment of children in 0-1 year old. Describe the procedure and its significance in assessment of malnutrition. (1+1)

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. List any 5 methods of cooking. Give one example each of dish cooked by those methods. Also give an advantages and a disadvantage of the cooking method.(Refer to Activity 3 of Pactical Manual Part-I).

S.No	Cooking method	Name of the dish	Advantage	Disadvantage

(10)

2. Based on the steps involved in planning balanced diet, prepare a diet for a lactating mother who is breast feeding her 3 months infant belonging to low socio-economic group. (Refer Unit- 8 for guidance in meal planning) (10)
3. Identify 10 children in your locality between the age of 3 to 5years.Measure their weight(This can be done from the local dispensary or Anganwadi centre).Plot their weight against the age on the growth chart given in the practical manual 2. Enter the details in table (Refer to Activity 5 of Practical Manual -2, page 30) (10)

S No	Name	Age (yrs)	Weight (kg)	Interpretation

4. A Gynaecologist has decided to supply nutritious mid-day snacks free to pregnant women coming for check up to her clinic. Give a cycle menu of healthy snacks.Identify the nutrients/serve provided in each snack. (Refer to Activity-7 of Practical Manual Part-2)

(10)

Day	Menu	Energy(kcal)	Protein(g)	Fat(g)	Carbohdyrate(g)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Section C- Objective Type Questions (OTQ)

(20 marks)

a. Define the following terms:

(10)

1. MUAC
2. Dietary Fibre
3. Obesity
4. Essential fatty acid
5. Androgens
6. Basal Metabolism
7. Perishable foods
8. Cretinism
9. Homogenisation
10. Carcinogens

b. Match List I with List II

(10)

List I

- i. Proteins
- ii. ICDS
- iii. Egg
- iv. Vitamin C
- v. Mutual Supplementation
- vi. Common salt
- vii. NIPI
- viii. Muscle wasting
- ix. Vitamin D
- x. Vitamin K

List II

- a. Cereal-pulse combination
- b. Protein
- c. Sodium chloride
- d. Anti clotting vitamin
- e. Marasmus
- f. 4 Kcal
- g. Sunshine vitamin
- h. Scurvy
- i. Anaemia
- j. Anganwadi