

DNHE

Diploma Programme in Nutrition and Health Education

ASSIGNMENTS 1-3

**January 2022
and
July 2022**



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

Diploma Programme in Nutrition and Health Education (DNHE)

ASSIGNMENTS 1-3

2022

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 DNHE-1

Assignment 2 (TMA) - based on DNHE-2

Assignment 3 (TMA) - based on DNHE-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 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: Descriptive Questions

(60 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.

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: DNHE-1

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

For January 2022 session last date of Submission: 30thMarch, 2022

For July 2022 session last date of Submission: 30thSeptember, 2022

**Maximum Marks: 100
(60Marks)**

Section A: Descriptive Type Questions

All questions are compulsory

1. What is Protein? Give its functions and digestion in detail. (5)
2. Comment on the following briefly-
 - a. The B- Vitamins act as coenzymes. (2)
 - b. Sodium and potassium maintains fluid balance within the cell. (2)
 - c. RDAs are influenced by activity level. (2)
3.
 - a. Discuss factors affecting food budgeting. (5)
 - b. Explain how microbes can cause food spoilage. (5)
4.
 - a. Elaborate points to be considered while selection of energy giving foods. (4)
 - b. Elaborate different methods to enhance nutritive value of foods. (4)
5. Differentiate between
 - a. Different forms of PEM. (3)
 - b. IDDM and NIDDM (3)
6. Briefly explain functions, sources and deficiency of any one B Vitamins. (4)
7. How nutritional status is influenced by infection? Describe briefly. (5)
8.
 - a. Write about the objectives, beneficiaries and distribution strategy of the programme launched by the Government of India to control Iodine deficiency (IDD). (5)
 - b. Justify the statement” Immunization plays crucial role in preventing serious childhood diseases”. Also give immunization schedule in support of your answer (5)
9.
 - a. Write about the objectives, components and implementation of MDM Programme. (3)
 - b. Write about Nutrition Education and its technique. (3)

Section B – Application Question (AQ)

(40 marks)

1. Based on the steps involved in planning balanced diet prepare a diet for a preschooler belonging to low socio-economic group. (10)
2. Record height, and weight of 10 (ten) adolescents in your locality and determine their body mass index (BMI). Classify them to identify their health status based on WHO classification (Refer Unit 25) (10)
3. Visit nearby local vegetable market and select any 5 leafy and other vegetables typically grown in your area. List out the points to be considered while selecting those vegetables. (10)
4. Prepare a packed lunch for a school going child. Also describe the following: (10)
 - i) Name of the recipe
 - ii) List of ingredients
 - iii) Method of preparation
 - iv) Nutritional Composition

ASSIGNMENT 2
(TMA-2)

Course Code: DNHE-2

Assignment Code: DNHE-2/AST-2/TMA-2 /22

For January 2022 session last date of Submission: 30thMarch, 2022

For July 2022 session last date of Submission: 30thSeptember, 2022

Maximum Marks: 100

Assignment-2 consists of two parts and is of 100 marks. The weightage given to each part is indicated in the brackets.

Section A: Descriptive type question (60Marks)

Section B: Practical Exercise (40Marks)

Part A: Descriptive Type Question (60 Marks)

All questions are compulsory

1. a. What are vital statistics? List any 3 sources of data on vital statistics. (2)
b. What do you understand by the following and how would you compute them? (4)
 - i) Infant mortality Rate
 - ii) Maternal Mortality Rate
 - iii) Total Fertility Rate
 - iv) Crude Birth Rate
2. a. Enumerate in brief two agents of infection. (2)
b. Give 2 examples of diseases caused by each of the following: (4)
 - i) Droplet infection
 - ii) Contact with soil
 - iii) Vector-borne
 - iv) Fomite -borne
3. a. Differentiate between active and passive immunization. Answer in brief giving (2+2+2) examples.
b. Draw the hydrological cycle. What are the advantages of rainwater harvesting?
c. Write a short note on air pollution.
4. a. Which areas of the home have a potential for accidents?What points should be (2) kept in mind while constructing a house to avoid these accidents?
b. Write a short note on the following: (4)
 - i) Ill-effects of substance abuse
 - ii) Good eating habits
5. Briefly discuss the dietary modifications of the following: (2+2+2)
 - a. Fever
 - b. Coronary heart disease
 - c. Malabsorption syndrome
6. Briefly discuss the cause, symptoms and prevention for the spread of the following (3+3) diseases:
 - a. Cholera
 - b. Infective hepatitis

7. a. List 3 common parasitic infestations. Give the incubation period, symptoms and control measures of each. (3+3)
b. Name any 3 bacteria known to cause food poisoning. Mention the source, incubation period, signs and symptoms of each bacterial infection.
8. a. Name the causative organism of tuberculosis. Give prevention and management of this infectious disease. (3+3)
b. What causes poliomyelitis? How and when does it spread ? Give its prevention and management.
9. a. What are the characteristic features of primary health care?
b. Enlist in brief the roles and responsibilities of ASHA worker. (3+3)
10. a. Write down the objectives of the National Tuberculosis Control Programme.
b. What are the goals and expected outcomes of the National Rural health mission. (3+3)

PART B (Practical Exercises)

(40 Marks)

There are four exercises in this part. You have to attend all the questions.

1. Savita (age 40yrs, Height 160cm, weight 50kg) is suffering from Liver cirrhosis with ascites. Write the daily energy, protein requirement of Savita. Also prepare a list of foods which are to be permitted and foods that have to be avoided. (10)

2. Visit your local chemist and list down 5 brands of Oral Rehydration Solution (ORS) available in the market. Enter the details of each brand in the table below. (10)

Brand Name of ORS	Name of Manufacturing company	Size of individual pack (in grams)	Amount of water required to dissolve an individual pack	Price of an individual pack	Composition of each pack (written on the pack)

3. Visit an Anganwadi functioning under ICDS programme in your neighbourhood. Write the names/age/gender of the beneficiary and services provided to them in that centre. Compare the services you have recorded in the centre to the ones mentioned in your reading material. (10)

4. Conduct a survey in your neighbourhood and find out 10 persons suffering from hypertension. In the table below enter the details of each person (10)

Name	Age	Gender	Whether taking any medication for hypertension. If yes, write the name and dose/day	If following any restrictions of diet, mention the food items restricting

Dietary items to be restricted in Hypertension (refer to the learning material)

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ASSIGNMENT-3
(TMA)

CourseCode:DNHE-3

Assignment Code: DNHE-3/AST-3/TMA/21

For January 2022session last date of submission: 30th September, 2022

ForJuly2022sessionlastdate ofsubmission:15thMarch,2023

MaximumMarks:100

Section A–Descriptive Type Questions

(60 marks)

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

1. a. Briefly discuss the distinct components of community nutrition. (5)
b. What are the major determinants of community health? (5)
2. a. What points would you keep in mind while giving complementary feeding to a seven month old infant? (3)
b. What are the common nutritional problems of preschoolers? (4)
c. How can you prevent dehydration and treat diarrhea? (3)
3. What are machine operated devices? Discuss the advantages and limitations of machine operated devices? (10)
4. What are teaching aids? Explain giving examples. List five handy points you would keep in mind while preparing teaching aids. (10)
5. Comment on the efficacy of traditional approaches of communication. What are the different folk approaches that can be adopted for nutrition and health education. Briefly discuss any one of them. (10)
6. List the levels involved in organizing nutrition / health programmes / campaigns. Explain any two levels briefly, highlighting its salient features. (10)

Section B–Application Question (AQ)

(40marks)

1. Develop a leaflet (consisting of two leaves) on ‘Breastfeeding’ highlighting the benefits for the mother and the baby. Enlist the points you will keep in mind while preparing the leaflet. (10)
2. Develop any one indoor educational game that can be used to educate people about three food groups and their sources. (10)
3. Visit an Anganwadi centre in your region. Conduct a survey of 10 pregnant/ lactating women enrolled at the anganwadi, observe and record the healthy and faulty practices related to maternal nutrition. Your answer should focus on special diet/ food provided during pregnancy, foods avoided and meal frequency/ pattern followed etc. (10)
4. Prepare an informative and colourful comic strip for children on balanced diet (2-3 pages only). Read the comic strip in separate sessions with five school going children staying in your locality and :
 - i) Record the reactions of each child (indicate each child’s name, age, sex, socio-economic background and any other factor of importance).
 - ii) Analyze whether the message of comic strip was understood by each child by asking 2-3 questions. List the specific questions you asked. (10)

For this activity follow the guidelines mentioned in Activity 3 of Practical Manual- Part 3.