

DNHE

Diploma Programme in Nutrition and Health Education

ASSIGNMENTS 1-3

**January 2023
and
July 2023**



**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

2023

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 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 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 /23

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

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

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) Application Question (AQ) (40 Marks)

Part A: Descriptive Type Question (60 Marks)

All questions are compulsory

1. a) Define health. Elaborate on the four dimensions of health. (3)
b) Explain the functions, digestion and absorption of carbohydrates in our body. (3)
2. Differentiate between the following terms and give suitable examples for each:
 - a) Saturated and Unsaturated fatty acids (2)
 - b) Water soluble and fat soluble vitamins (2)
 - c) Essential and non essential amino acids (2)
3. a) Give the functions, food sources and deficiency of iron. (3)
b) "Foods can be classified based on their functions". Explain briefly. (3)
4. a) What is food budgeting? List the factors that influence food expenditure. (3)
b) Enlist the steps in the preparation of a short -term monthly budget. (3)
5. Enumerate any 3 criteria for selection of each of the following foods:
 - a) Cereals and millets (2)
 - b) Fats and Oils (2)
 - c) Milk and milk products (2)
6. a) Foods can be classified based on perishability. Comment on the statement giving suitable examples. (3)
b) Elaborate on any 3 techniques used for preservation of food by bacteriostatic method (3)
7. a) What is food adulteration? Explain with examples. (3)
b) Enumerate any simple test by which adulteration can be detected in : (1.5+1.5)
 - i) Sand or dirt in jaggery
 - ii) Papaya seeds in black pepper
8. Enlist the clinical manifestations, causes and treatment of the following nutrition related disorders:
 - a) A 7 year child suffering from Xerophthalmia (3)
 - b) A 5 year girl suffering from Vitamin D deficiency (3)

9. Explain briefly:
- a) Dietary management of Diarrhoea (3)
 - b) Dietary management of Coronary Heart Disease (3)
10. a) Write about the objectives and components of MDM Programme (3)
- b) Enumerate the 4 major methods used to assess nutritional status of individuals. Discuss one in brief. (2+1)

Section B – Application Question (AQ)

(40 marks)

1. Based on the steps involved in planning balanced diet, prepare a diet for a pregnant woman belonging to low socio-economic group. (Refer to DNHE 1, Vol 2, Practical Manual -Part 1, Section 6) (10)
2. Record height and weight of 10 (ten) adults in your locality and determine their body mass index (BMI). Classify them to identify their health status based on WHO classification (Refer to DNHE 1 Vol 2, Unit 21, Table 21.1) (10)
3. Visit your locality and identify 10 individuals who are suffering from diabetes mellitus. In a table record their name, age, gender and the food restrictions made by them in their diet. Analyse whether their diet is in accordance to dietary modifications suggested for diabetes.. (Refer to DNHE 1 Vol 2, Unit 21) (10)
4. Visit an Anganwadi functioning under ICDS programme in your neighbourhood. Write the name/age/gender of the beneficiary who came to the Anganwadi that day and services provided to them in that centre. Comment on the services followed, and not being provided. (Refer to DNHE 1 Vol 2, Unit 24) (10)

ASSIGNMENT 2 (TMA-2)

Course Code: DNHE-2

Assignment Code: DNHE-2/AST-2/TMA-2 /23

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

For July 2023 session last date of Submission: 31st December, 2023

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.

A) Descriptive type question (60 marks)

B) Application Questions (AQ) (40 marks)

Section A: Descriptive Type Questions (60 Marks)

All questions are compulsory

1. a) List the main sources of data on vital statistics. (2)
b) Briefly discuss family planning and beyond family planning measures giving appropriate examples. (6)
2. a) What is meant by quality of life? Enumerate the indicators affecting the quality of life. (2+4)
b) List the agents of infection. Describe any two of them. (2)
3. a) How is safe drinking water supply provided to urban areas. (4)
b) What precautions would you take to prevent occurrence of accidents at home. (3)
4. a) What is a therapeutic diet? Explain the major therapeutic modifications of the normal diet. (3)
b) Describe the dietary management of diabetes mellitus. (4)
5. Enumerate the symptoms, causes and prevention of any two of the following food borne diseases: (4+4)
 - i) Cholera
 - ii) Dysentery
 - iii) Infectious hepatitis
6. a) Enumerate the symptoms and complication of tuberculosis. (4)

- b) What are the common fungal infections of skin that occur in India? Who gets the disease and how can it be prevented? (1+2)
7. a) Enlist the essential components of primary health care. Discuss any two components in detail. (4)
- b) What are the objectives and components of the following programmes:
- i) ICDS (2+2)
- ii) National iodine deficiency disorders control programme
8. a) Name the various anti-poverty programmes for the rural poor in India. Discuss any one in detail. (1+2)
- b) Write short notes on the following:
- i) Deforestation
- ii) Role of NGO's in promoting healthy environment. (2+2)

Section B – Application Questions (AQ)

(40 marks)

1. Identify any five public health problems affecting individuals in our country. Prepare an information based pictorial pamphlet to educate the community about the causes, symptoms, prevention and treatment of any one of these health problems. (Refer to Activity 6 of Practical Manual-Part 2) (10)
2. Write down five messages to promote environmental protection. Also elaborate on your role in environmental protection. (Refer to Unit 24) (5+5)
3. Visit a nearby school where Mid-day meal is being served. Write down the details of supplementary nutrition provided to children under the mid-day meal scheme. Record the menu provided to children on different days of the week. Interview and find out the likes, dislikes and acceptance of food by the children. (Refer to Unit 22) (10)

Day	Menu	Ingredients	Amount	Energy (per serving)	Protein (per serving)

4. Observe how waste is disposed off in your home, locality and city/town. Record your observations and comment on the following: (Refer to Unit 5) (10)
- i) Is there segregation of wet and dry waste?
- ii) How is the waste collected by the municipal corporation of your city/town?
- iii) How does the municipal corporation dispose the collected waste in your city/ town?

ASSIGNMENT 3 (TMA-3)

Course Code: DNHE-3

Assignment Code: DNHE-3/AST-3/TMA-3/23

For January 2023 session last date of Submission: 30th September, 2023

For July 2023 session last date of Submission: 31st March, 2024

Maximum Marks: 100

Assignment-3 consists of two parts. Total marks is 100. The weightage given to each part is indicated in the brackets.

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|------------------------------|-----------|
| A) Descriptive Type Question | (60Marks) |
| B) Application Question (AQ) | (40Marks) |

Part A: Descriptive Type Question (60Marks)

1. Define community health and community nutrition. Enumerate the different components of community nutrition. (2+4)
2. a. How availability and acceptability influence food behavior? Explain. (4)
b. Enlist different determinants of community health. (2)
3. a. What do you understand by growth monitoring? Explain how growth monitoring influences child health. (4)
b. Justify the statement “Soft diet is similar to the normal diet” by giving appropriate examples. (2)
4. a. Differentiate between infectious and non-infectious diseases by giving appropriate examples. (2)
b. Write treatment and preventive measures to combat the following: (2+2)
 - i. Measles
 - ii. Whooping Cough
5. a. Define communication and explain its importance to the community. (3)
b. Explain how lecture method is different from discussion method. (3)
6. a. What do you understand by ‘mass communication’? (2)
b. Discuss role of written media in communication by giving examples of print media. (4)
7. a. Define teaching aids and explain advantages of using aids in teaching. (4)
b. Enlist different types of charts. (2)
8. a. Differentiate between traditional approach and modern approaches by giving suitable examples. (3)
b. Justify the statement “Puppet shows are an effective communication approach” by giving its importance. (3)

9. a. Describe the principles governing the modern participatory approaches. (3)
b. What are educational games? Explain with one example. (3)
- 10 a. What are the principles behind ‘Woman-to-woman strategy’? Explain. (3)
b. Elaborate on the different steps in the process of Nutrition Education. (3)

Section B – Application Question (AQ)

(40 marks)

1. Prepare flash cards for any one of the following theme given below (refer unit 10 for guidelines for preparation): (10)
- a. Food groups
 - b. Protein Energy Malnutrition
 - c. Complementary feeding
2. Develop two puzzles for school going children on any one of the following theme (refer unit 14): (10)
- a. Healthy eating habits
 - b. Safe drinking water
3. a. Prepare a short story related to any of the nutritional deficiency disorder and develop different rod puppets according to your story. (Attach the story and the puppets in the answer sheet) (5+5)
- b. Present your story (question no. 3a) to children (either in slum or in a school/ playschool /anganwadi) and record following observations of the children: (10)
- a. Record their age, sex, educational qualification and other information relevant to your theme.
 - b. What reactions children have?
 - c. What message they received from the story?