

DNHE

Diploma Programme in Nutrition and Health Education

ASSIGNMENTS 1-3

**January 2024
and
July 2024**



**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

2024

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 /24

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

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

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 nutrition and health. Elaborate interrelationship between nutrition and health. (3)
- b) Enumerate the functions and sources of available and non-available carbohydrates. (3)
2. Enlist the food sources and enumerate the functions of the following vitamins:
 - a) Vitamin A (2)
 - b) Vitamin D (2)
 - c) Vitamin K (2)
3. a) What points would you keep in mind while planning a balanced diet for pregnant woman? (2)
- b) Explain in brief the various factors which influence calcium absorption. (2)
- c) Define RDA. Why safety margin is added in requirement to calculate RDA? (2)
4. a) Write a note on physiological changes during pregnancy. (3)
- b) Define complementary feeding. Enlist the benefits of breastfeeding. (1+2)
5. Enumerate any 3 criteria for selection of each of the following foods:
 - a) Pulses (2)
 - b) Flesh foods (2)
 - c) Fruits (2)
6. a) What is food spoilage? Explain the causes of food spoilage. (1+2)
- b) Elaborate various methods to enhance nutritive value of foods. (3)
7. a) What are the clinical features of Vitamin A deficiency? (3)
- b) Give the etiology and clinical features of the following deficiency diseases: (1.5+1.5)
 - i) Ariboflavinosis
 - ii) Pellagra
8. a) What are the risk factors of Coronary heart Diseases? (3)
- b) Describe principles of treatment of obesity. (3)
9. Explain briefly:

- a) MUAC and BMI (2)
- b) Diet survey (2)
- c) Growth monitoring (2)
- 10. a) Write about the objectives and components of ICDS Programme. (3)
- b) Give objectives, target groups and dose distribution strategy of NIPI programme. (2+1)

Section B – Application Question (AQ)

(40 marks)

1. Based on the steps involved in planning balanced diet, prepare a diet for a sedentary lactating mother belonging to low socio-economic group. (Refer to DNHE 1, Vol 2, Practical Manual - Part 1, Section 6-Planning Diet-II) (10)
2. Record height and weight of 10 (ten) college going girls/boys (18-23years) 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 infant (age: 6 Months-12months) on complementary feeding. In a table record their name, age, gender and the complementary foods introduced to them by their mothers. Analyse whether their diet is in accordance to dietary recommendations suggested for them. (Refer to DNHE 1 Vol 1, Unit 9) (10)
4. Write recipes of any two vegetable dishes prepared at your home. Identify and highlight pre-preparation and cooking methods involved in it. Give description/nutritional value of identified pre- preparation and cooking methods. (Refer to DNHE-1, Vol 1, Unit-11) (10)

Course Code: DNHE-2

Assignment Code: DNHE-2/AST-2/TMA-2 /24

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

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

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. Give formula for calculating following: (6)
 - a. CBR
 - b. CDR
 - c. IMR
 - d. GFR
 - e. TFR
 - f. MMR

2. a) What do you understand by Intra-uterine devices? Explain any two barrier methods of family planning. (1+2+2)
b) Define Health policy and health education. (1)

3. a) Describe various indirect modes of infection transmission. (4)
b) Differentiate between active and passive immunization. (2)

4. a) Describe hydrological cycle with diagram. (3)
b) What is the basic concept behind rainwater harvesting? (3)

5. a) Explain why rest and sleep is important for good health. (2)
b) Give importance of clothing and footwear for human. (4)

6. a) Enumerate various activities that have a potential for accidents. (3)
b) Justify the statement "Therapeutic diets are always modified versions of normal diets". (3)

7. a) Elaborate symptoms and dietary management of a person suffering from diabetes. (4)
b) What type of foods are permitted and not permitted in very low residue diet. (2)

8. a) Describe the cause, symptoms and prevention of tetanus and poliomyelitis. (4)
b) What are the characteristics of primary health care? (2)

9. a) Enumerate the objectives of ICDS and the various functions of ASHA. (4)
b) Enumerate objectives of national AIDS Control Programme. (2)

10. a) Write impact of human activities on the environment. (3)
b) Elaborate on any one employment generation programme. (3)

Section B – Application Questions (AQ)

(40 marks)

1. Identify any five non-communicable diseases 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 diseases. (Refer to DNHE-2, Vol 2, Activity 6 of Practical Manual-Part 2) (10)
2. Write down five messages to promote personal hygiene. Also elaborate why personal hygiene is important. (Refer to DNHE-2, Vol 1, Unit 6) (5+5)
3. Visit your nearby community and select 5 people suffering from diabetes. Record their name, age, gender, symptoms and diet. Calculate their total energy intake. Also record their likes and dislikes for the food. (Refer to DNHE 2, Vol 1, Unit 9) (10)
4. a) Enlist any 10 steps by which we can reduce food wastage at home or institutions. (5)
b) Enlist any two simple home-based water purification methods you will advocate to the community members. Explain the methods briefly. (5)

ASSIGNMENT 3 (TMA-3)

Course Code: DNHE-3

Assignment Code: DNHE-3/AST-3/TMA-3/24

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

For July 2024 session last date of Submission: 31st March, 2025

Maximum Marks: 100

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

A) Descriptive Type Question (60Marks)

B) Application Question (AQ) (40Marks)

Part A: Descriptive Type Question (60Marks)

1. a. Define community and community nutrition. (2)
b. As a community worker what steps you will follow in identifying and solving existing problems in the community. Enumerate. (4)
2. a. Define Nutritional surveillance. Elaborate its components. (1+3)
b. Differentiate between mental health and social health. (2)
3. a. Explain how acceptability of food is influenced by social and cultural factors? (3)
b. Explain Role play method as group communication method. (3)
4. a. What do you understand by Mass Communication? Give classification of Mass Communication Media. (1+3)
b. Elaborate any one audio-visual aid used as mass communication method. (2)
5. a. What points you will keep in mind while developing good radio educational programmes? Describe briefly. (4)
b. How you will classify teaching aids used for communication? (2)
6. a. What do you understand by Non-machine media? Explain by giving some examples. (1+2)
b. Write steps for making flip chart on 'Breastfeeding'. (3)
7. a. Explain communication process by giving flow diagram. (2)
b. Justify the statement 'Folk arts of India are effective communication approach for addressing community issues', giving suitable examples of folk art used in India. (4)
8. a. Describe the steps of analytical approach. (3)

- b. Justify the statement ‘Dialogue approach provides more opportunity for sharing of knowledge, skills and experiences’ giving suitable examples. (3)
9. a. Describe the process of woman-to-woman strategy in communication. (3)
- b. Give advantages and limitations of film strips/slides. (3)
10. a. What is ‘Johari window’? How it is useful in communication between worker and community? (3)
- b. Explain any one process model (Level I-Level IV) used in organizing nutrition and health programmes. (3)

Section B – Application Question (AQ)

(40 marks)

1. Prepare a chart for any one of the following theme given below (Refer DNHE-3, Vol-1, Unit-10 for guidelines for preparation): (10)
- a. Immunization
 - b. Supplementary feeding programmes
 - c. Hypertension
2. a) Think and write any two topics on which you can use Child-to child approach for educating community. (5+5)
- b) Educate children of your community on any one of the above selected topics and record their views.
3. Develop a board game with instructions for school going children on any one of the following theme (Refer DNHE-3, Vol-2, Unit 14): (10)
- a. Green environment
 - b. Food groups
4. Prepare two short role play script related to infectious diseases / deficiency diseases. Attach the scripts in the answer sheet (Refer DNHE-3, Vol-1, Unit-9 and Annexure-1) (5+5)