

ANC-1

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

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

**ASSIGNMENTS
JULY 2020/January 2021**

**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 2020/ January 2021

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 /21

For July 2020 session last date of Submission: 30th March, 2021

For January 2021 session last date of Submission: 30th October, 2021

Maximum Marks: 100

Section A – Descriptive Type Questions

(40 marks)

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

1. a) Briefly explain the social, psychological and economical aspects of nutrition. (3)
b) Briefly explain the digestion, absorption and utilization of protein in our body. (3)
2. a) Briefly explain the role of iron in our body. Enlist some iron rich food sources. (3)
b) What would you suggest to a mother while planning a meal for an infant? (3)
3. Describe the steps in planning a balanced diet. What points would you keep in mind while planning a diet for an old adult? (5)
4. a) What are the major causes of food spoilage? Enlist factors that contribute in food spoilage. (3)
b) List three measures you would adopt to prevent PEM in a community. (3)
5. Briefly explain the clinical features of vitamin A deficiency and Iodine deficiency disorder. (2^{1/2}+2^{1/2})
6. a) Enlist the various methods of diet survey. Explain briefly any one method. (3)
b) Write the objectives and components of mid-day-meal (MDM) Programme. (3)
7. List any one method you will use to preserve the following. Explain the food preservation principle involved in the same. (1+1)
a) Milk
b) Jam or Jellies.
8. Enlist the methods used to assess the nutritional status. Explain any one in detail (4)

Section B – Application Question (AQ)

(40 marks)

1. What is balanced diet? Based on the steps involved in planning balanced diet prepare a diet for a lactating mother belonging to low socio-economic group. (10)
2. Prepare any two nutritious snacks – one for a preschool child and second for an elderly. (10)

Your answer must specify:

i) Name of the snack

ii) List of Ingredients

iii) Method of preparation

iv) Food sources contributing to the important nutrients required by the specific individuals.

v) Justify the selection of snack (from nutritional stand point) for the children and for the elderly.

3. Describe in details any four cooking practices common in your region for preparing pulses/ Rice/Wheat/Maize etc. Predict the nutrients which are likely to be lost to a substantial degree in each. (10)

(10)

4. Record the food intake of a college going girl for one day using the following table: Evaluate the meal and comment whether the diet is balanced. (10)

Meal	Menu	Ingredients	Comments
Breakfast			
Lunch			
Evening Snacks			
Dinner			

Section C – Objective Type Questions (OTQ)

(20 marks)

1. Define the following terms: (10)
- a) Standardized Recipe
 - b) Enhancers
 - c) Essential Amino-Acids
 - d) Work Schedule
 - e) Adolescent growth spurt
 - f) PUFA
 - g) Keratomalacia
 - h) Lathyrism
 - i) Synergism
 - j) Growth Monitoring

2. List the disorder(s) caused by the deficiency of the following nutrients/substance: (5)
- a) Thiamine
 - b) Folic acid
 - c) Fluorine
 - d) Riboflavin
 - e) Vitamin D
3. List any one important point you would keep in mind while selecting: (5)
- a) Cereals
 - b) Fruits
 - c) Milk and milk product
 - d) Fats & oils
 - e) Nuts

