

CFN

Certificate Programme in Food and Nutrition

ASSIGNMENTS 1-3
January 2022 and July 2022



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

Certificate Programme in Food and Nutrition (CFN)

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 CFN -1

Assignment 2 (TMA) - based on CFN -2

Assignment 3 (TMA) - based on CFN -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 has 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)

Section B: Practical Activities (40 marks)

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:CFN-1

Assignment Code: CFN-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

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) Practical Exercise (40 Marks)

Part A: Descriptive Type Question (60 Marks)

All questions are compulsory

1. a) Define the terms- Food and Nutrition. (2+3=5)
b) Elaborate the factors which determine food acceptance.
2. Discuss the various functions of food ? Also, mention the energy yield of 1 gm of Carbohydrate, Protein and Fat? (4+1=5)
3. What do you understand by macro and micronutrients? Briefly discuss the functions of carbohydrates in our body. (2+3=5)
4. What are the sources, functions and effects of deficiency of Vitamin D and Iron in our body? (2 ½ + 2 ½=5)
5. a) Discuss briefly the classification of foods according to food groups? (3)
b) Justify the statement-“Indian Vegetarian diet is considered to be nutritionally adequate” (3)
6. a) What are the various moist heat methods of cooking food? Explain. (5)
b) How can you minimize nutrient losses while cooking vegetables? (3)
7. Describe how food can act as an agent of transmitting infection. Enumerate the steps you will take to prevent the spread of contagion through food? (3+2=5)
8. a) What do you understand by the term food preservation? List the common household methods of food preservation. (2+3=5)
b) List the criteria for selection of fats and oils. What is the recommended ratio of polyunsaturated and saturated fatty acids in the diet? (3)
9. Elaborate and discuss the following:
a) Artificial Sweeteners (2*4=8)
b) Fermentation
c) Convenience foods

- d) Types of Beverages
10. a) Discuss the various uses of egg in food preparation. (3)
- b) Comment on the nutritive value of pulses (2)

PART B (Practical Exercises)

(40 Marks)

(40 Marks)

This part consists of four practical exercises. All are compulsory.

1. Conduct a market survey to find out the perishable, non-perishable and semi-perishable foods (10 each) available in your region. List them down and suggest two preparations from perishable, non-perishable and semi-perishable foods. Also suggest the recommended temperature for storage of perishable, non-perishable and semi-perishable foods. (10)
2. Take 100 gm of the following whole pulses and record the time taken for sprouting in each of them:
 - a. Moong/ Green Gram
 - b. Chana/ Bengal gram
 - c. Moth bean or any other whole pulseIndicate the method you used to sprout each of the items. Comment on Nutritive value of the sprouted pulse. (10)
3. Discuss the principle of Jelly preparation. Prepare guava jelly and observe the following:
 - a. Time taken for cooking of jelly
 - b. Time taken for setting of jelly
 - c. Test the doneness of jelly (10)
4. Prepare Paneer/ Channa from 1 litre full cream milk and record the following:
 - a. Amount of coagulant required (lemon juice/ curd/ citric acid)
 - b. Yield of paneer (in gm/ kg)
 - c. Yield of whey (in ml/l)Also list the factors you will keep in mind while buying milk and milk products. (10)

ASSIGNMENT 2 (TMA-2)

Course Code: CFN-2

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

For January 2022 session last date of Submission: 30th March, 2022

For July 2022 session last date of Submission: 30th September, 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.

A Descriptive type question (60 Marks)

B) Practical Exercise (40 Marks)

Part A: Descriptive Type Question (60 Marks)

All questions are compulsory

1. Define food. Explain various functions of food with examples. (5)
2. Expand and explain the following:
 - a. BMI (2)
 - b. RDA (2)
 - c. IDD (2)
3. What specific consideration would you keep in mind while planning diets for:
 - a. Pregnant woman (3)
 - b. School age children (3)
4. a. Define Balance Diet. Also elaborate the basis of development of food guide. (4)
b. Discuss causes and symptoms of any two common nutritional deficiencies in India (PEM, Vitamin A deficiency, Anaemia, IDD) (2+2)
c. Write a note on different factors which affects food acceptance of an individual. (4)
5. Write about physiological changes and nutrition related problems in old age with their nutritional management. (5)
6. Explain the causes, clinical features and treatment of Vitamin A deficiency. (5)
7. Explain the process of digestion, absorption and utilization of protein and fat in our body. (2.5+2.5)
8. a. What are the nutritional requirements of preschoolers and write how would you meet them in daily diet. (2.5+2.5)
b. Elaborate "Anthropometric measurements as a tool to assess nutritional status". (5)
9. a. Justify the statement "Breast milk is the best food for infant". (3)
b. What is digestion? Write about digestion of food in brief. (3)

PART B (Practical Exercises)

(40 Marks)

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

1. Plan a day's diet for 65years old man suffering from constipation. List out points you would keep in mind while planning a diet for the elderly. Also write about foods avoided and preferred for them. (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 of BMI (Refer Unit 6 and Unit 15) (10)

3. Suggest a meal for a pregnant woman of third trimester. Mention points that you will keep in mind while planning the diet for a pregnant woman. (10)

4. List any five supplementary foods suitable for 6-8 months old infants. Give recipe of any two supplementary foods giving details in following format. (10)

Menu	Ingredients	Nutritional Contribution

ASSIGNMENT 3 (TMA-3)

Course Code: CFN-3

Assignment Code: CFN-3/AST-3/TMA-3/22

For January 2022 session last date of Submission: 30th March, 2022

For July 2022 session last date of Submission: 30th September, 2022

Maximum Marks: 100

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

A Descriptive type question (60Marks)

B) Practical Exercise (40Marks)

Part A: Descriptive Type Question (60 Marks)

All questions are compulsory

1. Explain how factors like income, food price and quantity influence food expenditure? (2.5+2.5)
2. Explain the working of public distribution system (PDS) and the Targeted public distribution system (TPDS) to make food available to economically weaker sections of the society. (2.5+2.5)
3. What are the objectives of Supplementary feeding programmes. List the names of the programmes. Explain the nutritional components they provide to the beneficiaries of any 2 major government run programmes. (1+2+2)
4. a. What do you understand by livestock? What foods do they provide? (3)
b. List the Government efforts made for dairy development. (3)
5. Why is subsidy needed in the agricultural sector? What types of agricultural subsidy is given to farmers? (2+3)
6. Classify the foods based on the source. Explain each source briefly. (2+3)
7. What are poultry farms? What are the products of poultry farm? List three government schemes for poultry development in India. (1+2+3)
8. What are the salient features of the consumer protection act? Also mention 4 agencies providing consumer education. (1+4)
9. What is Pisciculture? Name the two types of capture fisheries. List any 3 government schemes for the development of fisheries sector in India (1+2+3)
10. a. Explain Food Safety and Standards Act 2006. (2)
b. Define food adulteration, giving few examples of adulterant present in food? (2+3)
What precautions will you take to overcome the problem of adulteration when buying foods?
11. a. Why should the government alone set "Food standards" (2.5)
b. How is grading done in food grains, fruits and vegetables. (2.5)

PART B (Practical Exercises)

(40 Marks)

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

1. Prepare a plan of a model kitchen garden. Give details of the different fruit trees and plants that can be grown in summer season. (10)

2. Visit your local market and list down 10 items of food. Each foods selected (eg Arhar dal, sugar etc) should be available both in the packed and loose form. Write the food standard mark on the packed food. Record their price per unit(per kg/ per gm) and your observations regarding the price and quality of items. (10)

Name of Food item	Amount per unit	Name of Food standard mark	Price of packed food	Price of loose food	Observations on quality

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

4. Collect information from your nearest
a.fish market and
b.meat shop
on the various marine/inland fish and chicken available . Also note the name, weight and cost per kg of different types of fish and chicken available. (10)

Name	Weight	Cost per kg