

CNCC

**Certificate Programme in Nutrition and Child Care
CNCC**

**Nutrition for the Community (CNCC-1)
Organizing Child Care Services (CNCC-2)**

**ASSIGNMENTS 1 and 2
January 2024 and July 2024**



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

**Certificate Programme in Nutrition and Child Care (CNCC)
ASSIGNMENTS 1 and 2**

2024

Dear Students,

You will have to do only two assignments in this programme. All the assignments are tutor marked. Each Assignment carries 100 marks. The distribution of assignments is as follows:

Assignment 1 (TMA) - based on CNCC-1

Assignment2 (TMA)-based on CNCC-2

INSTRUCTIONS

Before attempting the assignments please read the following instructions carefully.

- 1) Read the detailed instructions about assignments given in the ProgrammeGuide.
- 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.....	Date
Assignment No... ..	
Study Centre	

- 4) Use only fullscap 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 ownhandwriting.
- 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 on each course 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 CNCC-1 ASSIGNMENT

The Assignments have three parts.

Section A: Short Answer Questions (SAQ) (40 marks)

In this section, you have to answer ten short questions). Answer each question in about 100 to 150 words.

Section B: Practical Activities (40 marks)

This section consists of four questions based on the Practical Manual.

Section C: Objective Type Questions (OTQ) (20 marks)

This section contains various types of objective questions.

GUIDELINES FOR CNCC-2 ASSIGNMENT

Assignment has three parts-Section A, Section B and Section C. All three parts of the assignment are compulsory.

If you do not submit all the parts of the assignment together, your assignment will not be considered complete and will be returned to you without being marked. You will have to repeat the assignment.

In each assignment, Section A comprises theoretical questions and Sections B & C comprise

Practical Exercises. Each assignment carries 100 marks; 60 marks for Section A and 20 marks each for Sections B & C.

The assignments printed in this booklet contain section A of the three assignments.

The Practical Exercises for Section B & Section C of the three assignments are contained in the Practical Manual for CNCC-2 which you would have received in your study material. There are 10 exercises in this Practical Manual. You have to do two exercises from this Practical Manual for CNCC-2 assignment. Information about which exercises have to be done for each assignment, is given under Section B & Section C of CNCC-2 assignment in this booklet. Though you have to submit only two Practical Exercises for CNCC-2 Assignment, We advise you to do all the Practical Exercises contained in the Practical Manuals. This will give you practice in applying theoretical concepts in real life and you will develop skills of interacting with children. After doing the different exercises, you can select the exercise which you have done best for the assignment.

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:

- Is logical and coherent
 - Has clear connections between sentences and paragraphs
 - Is written correctly giving adequate consideration to your expression, style and presentation
 - 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.

Course: Nutrition for the Community (CNCC-1)
ASSIGNMENT 1 (TMA-1)

Course Code: CNCC-1
Assignment Code: CNCC-1/AST-1/24
For January session last date for submission: 15th May, 2024
For July session last date for submission: 15th November, 2024
Maximum Marks: 100

This assignment is based on Block 1 to 7 of the course CNCC-1

Section A – Descriptive Type Questions

(40 marks)

There are eight short answer questions in this part. Answer all questions.

1. a. Define the terms Nutrition and Health. (2)
b. What do you understand by the term non-available carbohydrate? Give its sources and functions. (3)
2. a. Enlist the functions of 'Water' in our body. (3)
b. Write the functions and sources of Vitamin A in our diet (2)
3. a. What are the different factors which influence iron absorption in our body? Elaborate. (3)
b. Give the role of calcium in our body. (2)
4. Briefly discuss different factors which influence meal planning. (5)
5. Enlist the physiological changes occurring in pregnancy. Explain how they influence the nutrient needs during pregnancy, giving the nutrient requirements. (2.5+2.5)
6. What is food preservation? Briefly explain home based food preservation methods and their principles. (5)
7. Enlist the clinical features and elaborate the preventive measures to combat a) IDD and b) PEM. (2.5+2.5)
8. a. Explain any one anthropometric method and one dietary assessment method to assess nutritional status of an individual and population groups. (2+1)
b. What is a menu? Give its relevance in a food service Unit. (2)

Section B - Practical Activities

(40 marks)

1. Prepare any ONE supplementary foods for preschool children (2-6 years) and One nutritious snack for lactating mothers. Justify your answer highlighting the following: (10)
 - i) Name of the recipe
 - ii) List of ingredients
 - iii) Method of preparation
 - iv) Nutritional composition
2. Based on the steps involved in planning balanced diet, prepare a diet for an adolescent girl belonging to low socio-economic group. (Refer Unit- 10 for guidance in meal planning) (10)

3. Observe the food handling and food preparation methods used at your home. Enlist any Five measures adopted to i) Avoid food wastage, and ii) Minimize and prevent nutrient losses while preparing food. (5 + 5)
4. Visit your nearby market and select eggs, milk, fish, any fats and oil and cereal. Look for the physical appearance and state what points you will keep in mind while purchasing these foods. Write them in given format. (10)

Sr No.	Name of the food	Observations
Eggs		
Milk.		
Fish		
Fats and Oils		
Cereals		

Section C - Objective Type Questions (OTQ)

(20 marks)

- a. Differentiate between the following sets of terms giving examples. (10)

i.	Adulteration and Food Contamination	vi.	Essential and Non-essential Amino Acids
ii.	Supplementary feeding programmes and Nutrient Deficiency Programmes	vii	Osteomalacia and Rickets
iii.	BMI and BMR	viii	Bacteriostatic method and Bactericidal method
iv.	Hyperlipidemia and Hypoglycemia	ix	Growth Chart and Growth Monitoring
v	Food Law and Food Standard	x.	Food fortification and Food combination

- b. Give one example/dose/nutrition component (as applicable)for each of the following (10)

i.	Dose of iron and folic acid given to Pregnant women under National Anaemia Control Programme
ii.	Nutrition component/value of Mid-day meal provided to children
iii.	Risk factors of Coronary Heart Diseases
iv.	Risk factors in Pregnancy
v.	Clinical feature of Xerophthalmia
vi.	Available Carbohydrate
vii.	Components of ICDS
viii.	Clinical feature of Ariboflavinosis
ix.	Disease caused by Niacin deficiency
x.	Causes of Lathyrism

**Assignment 2
(Tutor Marked Assignment)**

**Course Code: CNCC- 2
Assignment Code: CNCC- 2/TMA-2/2024
15th May 2024 for January 2024 session
15th November for July 2024 session
Total Marks: 100**

All Three Sections – A, B and C of this assignment are compulsory.

SECTION A

Answer all questions of Section A.

60 Marks

1. (a) Explain how heredity and environment influence the physical and motor development of child?
(300 words = 3 marks)

- (b) State the milestones of gross motor development in the age group birth to one year? (4 marks)

2. Describe one activity each for fostering the abilities in the following areas of development in three-year-old children.
 - (a) Language development
 - (b) Social development
 - (C) Cognitive development

For each activity, mention its goals, material(s) required, if any and procedure to carry out the activity.
(300 words per activity; 4x3=12 marks)

3. (a) Explain the terms stranger anxiety and separation anxiety?
(b) How can parents foster the development of altruism and empathy in children?
(200 words + 400 words = 3+5= 8 marks)

4. Explain any two styles of parental behaviour. Discuss how each style of parental behaviour influences the child's personality.
(500 words; 5 marks)

5. (a) Explain the different ways in which story telling fosters the development of children during preschool years?
(b) State any three play-way activities you can organize with preschoolers to help them develop a concept of time?
(400 words + 400 words; 4 + 4=8 marks)

6. a) Explain the importance of participation of the family and the community for the success of a child care programme.
b) Explain any three ways of involving the parents in the activities of the child care centre?
(400 words + 400 words; 4 + 4=8 marks)

7. Differentiate between the following in about 250 words each.

(a) Self-esteem and self-concept

(b) Matching and classification activities

(d) Dramatic play and dramatization

(4x3=12 marks)

SECTION B

20 Marks

In this Section you have to do any one of the Practical Exercises related to observing children. Choose any exercise out of Exercises 4, 6 and 7 described in the practical Manual of this Course i.e., CNCC-2 and submit it to the counselor for evaluation.

It would be useful for you if you were to do all the three exercises. This would give you practice in observing children, recording your observations and interpreting them. You can then choose the exercise which you feel you have done the best and submit it for evaluation.

The marking instructions for the exercises are as follows

Exercise 4 **Total marks: 20**

Break-up of marks:

Observing the child and the parents and recording the observations 10

Analysis of observations and conclusions 10

Exercise 6 **Total marks: 20**

Break-up of marks:

Observing the child and recording the observations 10

Analysis of observations and conclusions 10

Exercise 7 **Total marks: 20**

Break-up of marks:

Carrying out activities related to matching and conservation and recording observations 5+5

Analysis of observations and conclusions related to matching and conservation 5+5

SECTION C

20 Marks

In this Section you have to do any one of the Practical Exercises related to planning play activities for children and conducting them. These are Practical Exercise number 5, 8 and 9, described in the Practical Manual of this course i.e., CNCC-2. Choose any one of the exercises and submit it to the counselor for evaluation.

It would be useful for you if you were to do all the three exercises. This would give you practice in planning and organizing play activities. You can then choose the exercise which you feel you have done the best and submit it for evaluation.

The marking instructions for the exercises are as follows:

Exercise 5

Total marks: 20

Break-up of marks:

Playing with the infant with the toy that has been made, and recording the observations	10
Evaluating the play activity and writing the conclusions	10

Exercise 8

Total marks: 20

Break-up of marks:

Planning the two activities	5+5
Carrying out the two activities and analyzing and evaluating them	5+5

Exercise 9

Total marks: 20

Break-up of marks:

Describing the festival	2
Suggesting re-organization of the room	6
Scheduling activities over a week	6
Brief description of scheduled activities	6