

ANC-1

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

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

**ASSIGNMENTS
JULY 2021/January 2022**



**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 2021/ January 2022

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 2021 session last date of Submission: 30th March, 2022

(Extended till 15th April, 2022)

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

Maximum Marks: 100

Section A – Descriptive Type Questions

(40 marks)

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

1. a) Define malnutrition. Enumerate different dimensions of malnutrition. (2)
b) “Dietary fiber plays an important role in our body”. Comment on this statement. (2)
2. Give reasons for the following: (1+1+1+1)
 - a) Vitamin C helps in rapid wound healing
 - b) Milk can help in meeting niacin needs
 - c) Absorption of iron from plant food sources is low than animal food sources
 - d) Iodine content of food is influenced by the iodine content of soil/water.
3. Briefly explain how the nutrient needs of adults are influenced by the following factors. (4)
 - a) Activity level
 - b) Body size/composition
 - c) Age
4. Explain how nutritional status of the mother influence birth weight of the infant? (3)
5. List the dietary considerations that should be kept in mind while planning meals for each of the following: (2 + 2)
 - a) Lactating mother
 - b) Adolescent girl
6. What are the objectives and components of: (2+2)
 - a) Mid-day meal programme
 - b) ICDS
7. Explain the principle of food preservation involved in the following method: (4)
 - a) Addition of sodium benzoate to fruit jelly
 - b) Addition of large amount of salt in the pickle
 - c) Addition of citric acid and phosphoric acid to beverages
 - d) Boiling the milk before use
8. a) What is the importance of menu in a food service unit? (2+2)
b) What records would you maintain in a food service establishment? Enlist
9. List the different methods used for assessment of nutritional status. How are anthropometric measurements used in assessment of nutritional status? (1+4)
10. Briefly discuss the dietary modifications/preventive measures for: (2+2)
 - a) Diabetes Mellitus.

b) Iron Deficiency Anaemia

Section B - Practical Activities

(40 marks)

There are four exercises in this section. These exercises are based on Practical Manual 1. Answer all four.

1. What is a balanced diet? List the steps involved in preparing a balanced diet. Using these steps plan a balanced diet for a pregnant women in the 2nd trimester of pregnancy belonging to low socio-economic group. (1+2+7)
2. Plan a snack rich in iron, energy and protein suitable for a 10-12 year old girl. Your answer must specify. (10)
 - Name of the snack
 - List of ingredients
 - Method of preparation
 - Sources of iron, energy and protein included.
3. Look up Table 5.3, Section 5 of PracticalManual-1 giving a food plan for Pushpa, a sedentary woman. How would you explain this table to Pushpa in simple language? Explain in detail.
(You need to explain the concept of use of different food groups, food exchanges, use of food exchanges in meal planning and conversion of exchanges to the nutrient requirement for a balanced diet planning as per the RDA to Pushpa.) (10)
4. Look up Annexure 4, “Proforma on Regional Patterns”. Fill up the proforma as per the directions given and submit along with this assignment for assessment. . (10)

Section C- Objective Type Questions (OTQ)

(20 marks)

1. Comment on the interrelationship of the following in 2-3 sentences: (10)
 - i. Protein quality and Cereal–Pulse combination
 - ii. Food fortification and salt
 - iii. ORS and Diarrhoea
 - iv. Amylase rich food (ARF) and digestibility
 - v. Adolescence and Catch-up growth
 - vi. Blanching and Food preservation
 - vii. Lathyrus sativus and crippling paralysis
 - viii. Prophylaxis and nutrition programmes
 - ix. Dietary fat intake and coronary heart disease
 - x. Mid day meal programme and school enrolment
2. List the deficiency disorder(s) and rich food sources of the following nutrients/substance: (2×5)
 - i. Iodine
 - ii. Folic acid
 - iii. Niacin
 - iv. Riboflavin
 - v. Vitamin A