

ANC-1

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

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

**ASSIGNMENTS
JULY 2022/January 2023**



**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 2022/ January 2023

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 /22

For July 2022 session last date of Submission: 30th April, 2023

For January 2023 session last date of Submission: 30th October, 2023

**Maximum Marks: 100
(40 marks)**

Section A – Descriptive Type Questions

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

1. a) Define the terms nutrition and malnutrition. (2)
b) Briefly explain the role of vitamin A in maintaining normal vision . (2)
2. Briefly explain how the nutrient requirements of adults are influenced by the following factors. (4)
 - a. Activity level
 - b. Age
3. (a) List any four dietary considerations that should be kept in mind while planning meals for each of the following: (4)
 - a. preschool child
 - b. adolescents
4. Discuss the various factors in planning meals. (4)
5. What are the components and beneficiaries of the following: (2+2)
 - (i) Mid-day meal programme
 - (ii) ICDS
6. Briefly discuss the dietary modifications you would advocate for the following: (2+2)
 - a) Diabetes mellitus
 - b) Coronary Heart Disease
7. What are the different records you would maintain in a food service unit? Enumerate. (4)
8. What is a cycle menu? Discuss its relevance in the food service unit. (4)
9. Discuss the principles and methods of food preservation. (4)
10. How are anthropometric measurements used in assessment of nutritional status? Discuss briefly. (4)

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 school going child belonging to low socio-economic group. (10)
2. Prepare a snack rich in fibre, iron, adequate in protein and low in calories for an elderly person. Your answer must specify. (10)
 - (i) Name of the snack
 - (ii) List of ingredients
 - (iii) Method of preparation
 - (iv) Sources of iron, fibre and protein included.
3. Record the food intake of a pregnant woman for two days using the following table: Evaluate the meal and comment whether the diet is balanced. (10)

Meal	Menu	Ingredients	Comments
Breakfast			
Mid-morning			
Lunch			
Evening Snack			
Dinner			

4. Suppose you are a mess in-charge of a girl's hostel. Your duty is to provide nutritious and wholesome meal to the hostel inmates. Plan a cyclic menu for seven days for the hostel. (10)

Section C- Objective Type Questions (OTQ)**(20 marks)**

- a. Define the following terms: (10)
 1. Standardized Recipe
 2. Inhibitors
 3. Essential Fatty Acids
 4. Organization Schedule
 5. Adolescent growth spurt
 6. Trans fats
 7. Keratomalacia
 8. Lathyrism
 9. Synergism
 10. Ariboflavinosis
- b. Differentiate between the following sets of terms giving examples: (5)
 1. Available and non-available carbohydrates
 2. Essential and non essential amino acids
 3. Xerophthalmia and Keratomalacia
 4. Saturated and Unsaturated Fats
 5. Sprouting and Fermentation

- c. List any one important point you would keep in mind while selecting: (5)
- (i) Cereals
 - (ii) Vegetables
 - (iii) Milk and milk product
 - (iv) Fats & oils
 - (v) Meat and meat products