

CFN

Certificate Programme in Food and Nutrition

ASSIGNMENTS 1-3
January 2023 and July 2023



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

Certificate Programme in Food and Nutrition (CFN)

ASSIGNMENTS 1-3

2023

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-1/23

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

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

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 food. List the factors determining food acceptance. Describe briefly any one factor determining food acceptance with examples. (3)
- b) What are the physiological functions of food? Answer briefly. (3)
2. a) Calculate the energy value of the following foods in kcal: (3)
 - i) One teaspoon containing 5 gram of sugar
 - ii) One tablespoon containing 15 gram of mustard oil
 - iii) One cup lemon water containing 150 ml water, 10 gram sugar and 2gram salt
- b) Explain the importance of water in our body. (3)
3. Write the functions, sources and the effects of deficiency of the following nutrients:
 - a) Vitamin D (2)
 - b) Vitamin C (2)
 - c) Calcium (2)
4. a) "Selection of a balanced diet is easier if foods are categorized into food groups" Justify this statement highlighting the three food groups based on the functions they perform in the body. (3)
- b) "Indian dietary pattern (whether vegetarian or non-vegetarian) is healthier compared to Western dietary patterns". Justify this statement. (3)

5. a) Write about the classification of beverages. (3)
- b) List six general rules of personal and food hygiene while handling and cooking food. (3)
6. Enlist the methods of preserving perishable food, giving an example for each method. Explain briefly any two methods of preservation. (2+4)
7. a) List the criteria for selection of cereals. (3)
- b) Comment on the nutritive value of cereals. (3)
8. a) What are the changes that take place in fats and oils on heating? Write in brief. (3)
- b) What are artificial sweeteners? What is the role of artificial sweeteners in health and disease? (3)
9. Explain briefly the nutritive value of:
- a) Pulses (3)
- b) Nuts and Oilseeds (3)
- c) Vegetables (3)
- d) Fruits (3)

PART B (Practical Exercises)

(40 Marks)

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

1. Examine the containers/label of the following ready-to-eat convenience foods and write the information collected in the format given below:

	Tomato sauce	Fruit juice	Frozen peas
Name of the food item			
Brand name			
Weight			
MRP			
Date of Expiry			

(5)

Standards-ISI / FSSAI/Agmark etc			
Manufacturing date			
Nutrient composition			
Directions for use			

(5)

Write the advantages and disadvantages of convenience foods (Refer DNHE 1, Unit 21)

2. Make a list of 10 spices and condiments used in your household. In which form (whole/grounded/roasted) and food recipes are they used. Also mention the importance of spices and condiments in our diet. What points would you keep in mind in selection of spices? (Refer DNHE 1, Unit 19) 10

S.No	Name of spice/ condiments in English	Name of spice/ condiments in Hindi	Form it is used (whole/ grounded/roasted/ any other)	Remarks about the Spice/condiment

3. Visit a milk dairy/milk vending outlet/Mother dairy booth in your locality. List the types of milk and milk products available. Compare the cost of these items per litre/kg. What is the nutritive value of milk and/or products. Present your answer in tabulated form. 10
4. In your house/mess/canteen observe the preparation of 10
- Dal
 - Roti
 - Rice

Write the methods used in pre-preparation of food and the cooking methods for each of the three preparations.

ASSIGNMENT 2 (TMA-2)

Course Code: CFN-2

Assignment Code: CFN-2/AST-2/TMA-2/23

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

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

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)

Section A: Descriptive Type Questions (60 Marks)

All questions are compulsory

1. a) What is food? Explain the functions of food in our body? (4)
b) Define the terms 'nutrition' and 'nutritional status'. Comment on the different nutrients required by our body (1+1+2)
2. a) What is Recommended Dietary Intakes (RDIs). How do RDI's change with age and activity? Give the RDA's for pregnancy and lactation. (1+3) (4)
b) What are food groups? Explain how you will use food groups for planning balanced diet?
3. a) Explain each of the following in 2-3 sentences: (4)
 - i) Digestion of food
 - ii) Obesity and Overweight
 - iii) Primary Sex Characteristics (4)
 - iv) Poly unsaturated fatty acids
b) What is growth? Explain the growth pattern starting from birth through childhood till adolescence.
4. a) What measures would you adopt to prevent the following: (2+2)
 - i) Vitamin A deficiency
 - ii) Anaemia

- b) Write short note on energy balance in the body and maintenance of weight. (3)
5. a) Describe the importance of nutrition during pregnancy. List the types of foods a pregnant woman should take to meet the increased nutrient needs. (4)
- b) Explain why breast milk is the best choice of food for infant. What is the right time to introduce supplementary foods in the diet of infant and why? (3)
6. a) What are the nutritional requirements of school age children? How are they related to their growth? (3)
- b) What does the term 'Adolescence' mean? What dietary advice would you give to an adolescent regarding her nutritional needs? (4)
7. a) How will you meet the nutritional needs of people with varying food budgets? Explain giving the guidelines for food selection within the varying food budgets? (4)
- b) List the physiological changes that occur in later years of life. How do they influence the nutrient needs of the elderly. (2+2)
8. a) Why is dietary assessment important? How will you record and evaluate your own daily food intake? Explain any one method in detail. (3)
- b) Comment on the following: (2+2)
- i) Factors which influence our food habits.
- ii) Misrepresentation of food products by manufacturers.

Section B – Practical Exercises

(40 marks)

1. Visit any one family in your neighbourhood where they have an infant 6 to 12 months of age. Record the complementary foods given to the infant in the proforma below: (10)

Time of the day	Menu	Ingredients	Amount	Method of preparation used	Briefly describe whether sugar/salt/butter/desi ghee etc are added and the amount

Is the infant getting foods from all the five food groups? If not, suggest some foods that

can be included. (Refer to unit 9)

2. Plan two dishes high in protein which school going children can carry in their lunch. (5+5)
Give the ingredient to be used and method of preparation (Refer to Unit 11)
3. Record the weight and height of five elderly person in your neighbourhood. Are these (10)
persons normal, underweight or overweight? Also record their daily food intake. Did
they include foods from all food groups? (Refer to Unit 11)

S.No	Weight	Height	BMI	Inference

Time	Meal	Menu	Ingredient	Amount

4. Make an inventory of your 3 days minute to minute activity. Then classify yourself as (10)
sedentary, moderate or heavy worker according to the average activity performed. (Refer to
Unit 2).

ASSIGNMENT 3 (TMA-3)

Course Code: CFN-3

Assignment Code: CFN-3/AST-3/TMA-3/23

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

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

Maximum Marks: 100

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

A) Descriptive Type Question

B) Practical Exercise

(60Marks)

(40Marks)

Part A: Descriptive Type Question

(60 Marks)

1. a. Define Food budget. List different points you should keep in mind while preparing food budget for your family. (3)
b. How irrigation and use of fertilizers influences foods from land (Food crops)? (3)
2. What do you understand by market price, issue price and procurement price? Describe the role of FCI in food subsidies. (3+3)
3. a. Briefly elaborate different types of agricultural production subsidies given by World Trade Organization (WTO). (3)
b. What are Fair Price Shops? Discuss the advantages of buying from these shops. (3)
4. a. Enlist different phases of White Revolution initiated in India. Explain any one. (1+3)
b. Define Pisciculture. (2)
5. a. Write a brief note on different Central and State Government schemes for the development of fisheries sector in India. (4)
b. Differentiate between inland fishing and marine fishing. (2)
6. a. Elaborate different Nutrition Prophylaxis programmes initiated by the Government of India. (4)
b. Justify the statement “Grading is one way of ensuring food quality”. Give appropriate example. (2)
7. a. Define adulteration? What preventive measures you should adopt against adulteration? (4)
b. Explain how and why adulteration is done. (2)

8. Describe the role of different agencies providing consumer education. (6)
9. Enlist different supplementary feeding programmes running in India. Also give nutritional norms for any of the two programmes. (2+4)
10. a. How kitchen garden is useful in food production? Elaborate. (4)
b. List different plants that can be grown in different seasons of the year. (2)

PART B (Practical Exercises) (40 Marks)

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

1. Prepare food budget for your family for one month. (Refer to Unit-1 for guidance on preparing a food budget) (10)
2. Visit an anganwadi centre functioning under ICDS programme in your city. Prepare a list of services provided in the centre. Collect information about different beneficiaries and the services provided to them in the given format. (10)

Sr No.	Beneficiaries	No. of registered beneficiaries	No. of beneficiaries receiving benefit	Services Provided
1.	Children 6 months-3 year 3 year-6 year			
2.	Adolescent Girls			
3.	Pregnant Woman			
4.	Lactating Mothers			

3. Visit a fair price shop functioning under Public Distribution System in or around your locality/area. Identify the food items and the cost of items being sold at the fair price shop. Also identify the beneficiaries. Present your answer in a tabular form. (10)
4. Visit your nearby market and identify different products of fishes and poultry sold in market. Also describe the characteristic features of the product. (5+5)

