

CFN

**Certificate Programme in Food and Nutrition**

**CFN-1: You and Your Food  
ASSIGNMENT- 1  
January 2025 and July 2025**



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

# Certificate Programme in Food and Nutrition (CFN)

## ASSIGNMENT-1

2025

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**

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- 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-1/25

For January 2025 session last date of Submission: 30<sup>th</sup> May, 2025

For July 2025 session last date of Submission: 30<sup>th</sup> November, 2025

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) Enumerate the factors which influence our food acceptance and selection. (3)  
b) List the various functions of food in our body. Briefly describe any one function of food, giving examples. (3)
2. a) Briefly state the functions and food sources of the following nutrients in our body (4)
  - i) Vitamin D
  - ii) Ironb) Enlist the effects of deficiency of the following nutrients in the body: (3)
  - i) Carbohydrates
  - ii) Fats
  - iii) Protein
3. a) How would you classify food into different food groups? Explain the significance of the food groups. Give examples. (2+2)  
b) Present three points you would keep in mind while choosing the right food for your family. (3)
4. a) Comment on the following briefly: (2+2)
  - i) Meal patterns in India
  - ii) Improvement in nutritional value by combination of certain foods in our diet.b) List the various cooking methods. Explain briefly the effect of cooking on foods. (3)

5. a) Briefly describe three steps that you would take to prevent the spread of disease through food. (3)
- b) Write short notes on the following: (2+2+2)
- i) Need for food preservation
  - ii) Two methods of preserving perishable foods
  - iii) Nutritive value of cereals.
6. a) Comment briefly on the following: (3)
- i) Nutritive value of Sugar and Jaggery.
  - ii) Choice of fats and oils for cooking.
  - iii) Uses of Nuts and Oilseeds
- b) 'Fermentation and sprouting improves the nutritional quality of pulses'. Justify this statement. (3)
7. a) Discuss briefly the nutritive value and uses of Eggs in our diet. (3)
- b) What is the importance of vegetables in our daily diet ? Describe how vegetables are classified, giving suitable examples. (2+2)
8. a) Present the nutritional benefits of fruits. (2)
- b) Briefly describe the role of spices and condiments in Indian diet. (3)
9. a) Elaborate on the following ,giving examples: (3)
- i) Milk based beverages.
  - ii) Adulterant found in Turmeric.
  - iii) Constituents of Coffee.
- b) What are Convenience foods? Highlight the advantages and disadvantages of using convenience foods, giving suitable examples. (1+1+1)



3. List the pulses commonly consumed in your region. Give the method of preparation of two pulse recipes from your region. Give the nutritional value of the recipes. Enlist ways to make the pulses more nutritious. (Refer to Unit 14) (10)
4. Conduct a survey in your nearby market and find out five different foods that have been preserved either by sugar, salt, acid or chemical preservatives (Put a tick on the preservatives used in the product).

Write your observations in the Table. ( Refer to Unit 10) (10)

Food Item	Brand name	Preservatives used				Principles of Preservation
		Sugar	Salt	Acid	Chemical preservatives	

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## **Certificate Programme in Food and Nutrition**

### **CFN-2: Your Food and Its Utilization ASSIGNMENT- 2 January 2025 and July 2025**



**School of Continuing Education  
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# Certificate Programme in Food and Nutrition (CFN)

## ASSIGNMENT-2

2025

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

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- 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.

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- 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 2 (TMA-2)

Course Code: CFN-2

Assignment Code: CFN-2/AST-2/TMA-2/25

For January 2025 session last date of Submission: 30<sup>th</sup> May, 2025

For July 2025 session last date of Submission: 30<sup>th</sup> November, 2025

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) Briefly describe the physiological function of food in our body, giving appropriate examples. (3)  
b) List two functions each of the following nutrients : (1+1+1)
  - (i) Fats
  - (ii) Proteins
  - (iii) Carbohydrates
2. a) Explain how RDA's for energy and protein change with age and activity giving suitable examples. (3)  
b) Elaborate on the food groups included in the food guide, highlighting the recommended size of servings of food in each group. (3)
3. a) Name the end products of digestion of carbohydrates, fats and proteins in our body. (3)  
b) Give one simple technique you will adopt to measure growth in children. Explain the process. (3)
4. a) Define malnutrition. Briefly explain any two nutritional deficiencies affecting population groups in India. (1+2)  
b) What is BMR ? How does BMR along with voluntary activities influence our energy needs ? (1+2)
5. a) Comment on the nutritional needs during pregnancy and highlight why the nutrient requirement increases. (3)  
b) Explain why breast milk is the best choice of food for infant. What is the right time to introduce complementary foods in the diet of the infant and why ? (1+2)
6. a) What advice will you give to a mother of a preschool child regarding developing good food habits ? (3)  
b) Discuss the relevance of school meals and packed lunches in the context of meeting nutrient needs and ensuring good nutrition for children. (3)
7. a) Discuss how growth affects the nutritional needs of adolescents. Give the recommended nutrient intake for adolescent. (1+2)

- b) How will you fulfil the nutrient needs of adults belonging to different income levels? (3)
8. a) Elaborate on the nutrition related problems of old age and what measures you would follow to meet the special needs of elderly. (3)
- b) Describe the linear measurements used to record growth in children. (3)
9. a) Present the WHO classification based on body mass index (BMI) for categorizing adults into different grades of malnutrition. (3)
- b) What is growth monitoring ? How will you monitor growth of children ? (1+2)
10. a) Enumerate the factors that influence our food acceptance. (3)
- b) What measures would you adopt to be vigilant about the misconceptions/ misrepresentations related to food? Explain with examples (3)

**Section B – Practical Exercises**

**(40 marks)**

1. Record your food intake of a normal week day, and complete the following table. (10)  
(Refer to Unit 3).

<b>Menu</b>	<b>Amount taken</b>	<b>Food group</b>	<b>No. Of servings</b>
<b>Breakfast</b>			
<b>Mid-morning</b>			
<b>Lunch</b>			
<b>Evening</b>			
<b>Dinner</b>			
<b>Other foods</b>			

eaten between meals			

- Did you include sufficient foods from all the three groups yesterday?
- If not, which group is low in your diet?
- Can you modify it? How?
- How many servings of each food group did you take in the day?

2. Record your weight every week for a month in the format given below and answer the questions that follow (Refer to Unit 7): (10)

<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Date</b>				
<b>Time</b>				
<b>Weight (Kg)</b>				

Are there any significant changes in your weight? Yes/ No. It is increasing/ decreasing/ no change?

- Record weight and height of all your family members including yourself.

S.no	Member	Age (Yeas)	Weight (kg)	Height (cm)	BMI (kg/m <sup>2</sup> )

- Is there any member who is overweight?
- Is there any member who is underweight?
- How many are in normal range?

3. 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 infants in the proforma given below and answer the questions thereafter. (Refer to Unit 9) (10)

S.No	Time of the day	Food Given	Amount	Briefly describe whether sugar/ salt etc are added and the amount

- i) When was complementary foods first introduced to the child?
- ii) Which was the first food to be introduced?
- iii) Evaluate the foods given against the daily food guide. Is the infant getting foods from all the five food groups? If not, suggest some foods that can be included.

4. Suggest five different menus for a school going child. These menus should be low cost and meet the nutritional needs of a school going child. (Refer to Unit 11) (10)

Meal	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Breakfast					
Packed Lunch					
Lunch at Home					
Evening					
Dinner					

- i) Suggest some dishes from the above menu which can be served in the School canteen.
- ii) What modifications can be made if a school going child wishes to eat junk/ fast food?
- iii) What points should be kept in mind while planning a packed lunch for school?



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## **Certificate Programme in Food and Nutrition**

**CFN-3: Economics of Food  
ASSIGNMENT- 3  
January 2025 and July 2025**



**School of Continuing Education  
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# Certificate Programme in Food and Nutrition (CFN)

## ASSIGNMENT-3

2025

Dear Students,

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Assignment 2 (TMA) - based on CFN -2

Assignment 3 (TMA) - based on CFN -3

### INSTRUCTIONS

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### **GUIDELINES FOR TMA**

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**Section A: Descriptive Questions** (60 marks)

**Section B: Practical Activities** (40 marks)

### **POINTS TO KEEP IN MIND**

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### ASSIGNMENT 3 (TMA-3)

Course Code: CFN-3

Assignment Code: CFN-3/AST-3/TMA-3/25

For January 2025 session last date of Submission: 30<sup>th</sup> May, 2025

For July 2025 session last date of Submission: 30<sup>th</sup> November, 2025

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 Questions (60Marks)**  
**B) Practical Exercise (40Marks)**

#### Part A: Descriptive Type Questions (60 Marks)

1. a. Define Food expenditure and discuss role of income and food price on food expenditure of an individual. (1+3)  
b. Classify the foods based on the source. (2)
2. a) Elaborate on the role of fertilizers in increasing the productivity of crops. (2)  
b) What point should be kept in mind while planning a kitchen garden? (2)  
c) Differentiate between Inland fishing and Marine fishing. (2)
3. a) What are Fair Price Shops? Give advantages of fair price shops. (3)  
(b) Define Subsidy. Giving examples of subsidy provided. (3)
4. a. Explain how agricultural subsidies are linked with consumer benefits. (4)  
b. Differentiate between Issue Price, Market Price and Procurement Price. (2)
5. a. What are the advantages of poultry farming in the backyard of a house? Give list of products obtained from poultry farm. (2+1)  
b. Define Pisciculture and aquaculture. What are the advantages of consuming fish? (3)
6. Describe objectives and phases of Operation Flood in detail. (6)
7. a) What are the objectives of Feeding programmes? List the names of the programmes. Explain the nutritional components and the beneficiaries of any one major government run programme. (1+1+2)  
b. Write about Prophylaxis programme for prevention of blindness. (2)
8. a. What are the sources of food spoilage? Give objectives of Food Safety and Standard Act, 2006. (1+2)  
b. What is the importance of grading food grains and vegetables? (3)
9. a. What is Janta Bazar and why there is no adulteration in food obtained from Janta (1+2)

- Bazar. (3)
- b. Discuss the role of Consumer Voluntary Agencies in educating consumers. (3)
10. a. Write about Agricultural Extension System in India. (3)
- b. Differentiate between Certified seeds, Breeder's seeds and Foundation Seeds. (3)

**PART B (Practical Exercises)**

**(40 Marks)**

**There are four exercises in this part. You have to attempt 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. (Refer Unit 2) (10)
2. Prepare a food budget for three months for your family. (Refer Unit 1) (10)
3. Visit a poultry farm or visit website of any poultry farm (on internet) and write about the products obtained, unit price, quantity produced. (Refer Unit-5) (10)
4. 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. (Refer Unit 7) (10)