

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

**Application Oriented Course
Nutrition for the Community**

**ASSIGNMENTS 1 TO 3
July, 2017 / January, 2018**



**SCHOOL OF CONTINUING EDUCATION
Indira Gandhi National Open University
Maidan Garhi, New Delhi -110068**

Application Oriented Course in Nutrition for the Community (ANC-1)
ASSIGNMENTS 1
July, 2017/January, 2018

Dear Students,

You will have to do one assignment as part of the Course ANC-01. THIS ASSIGNMENT IS COMPULSORY. The assignment is based on Blocks 1 to 7 and the Practical Manual 1 of ANC-01.

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 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 ANC-01 Assignment

The Tutor Marked Assignments have three parts.

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

In this section, you have to answer ten short questions (of 4 marks each). Answer each question in about 100 to 150 words.

Section B: Practical Exercises (40 marks)

This section consists of specific questions based on your study of Practical Manual 1.

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

This section contains various types of objective questions.

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.
- 1) **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.

Application Oriented Course in Nutrition for the Community
ASSIGNMENT 1
(TMA-1)

Course Code: ANC-1

Assignment Code: ANC-1/AST-1/TMA-1/2017-18

For July 2017 admission: Last Date of Submission: 30th March, 2018

For January 2018 admission: Last Date of Submission: 30th October, 2018

Maximum marks:100

Section A – Descriptive Type Questions (40 marks)

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

- 1 a) Briefly explain the relationship between nutrition, health and nutritional status. (2)
b) “Dietary fiber is indigestible in the human digestive tract”, comment on the statement. (2)
2. Briefly explain how the nutrient needs of adults are influenced by following factors: (4)
 - a. Activity level
 - b. Age
3. Explain how nutritional status of mother influence birth weight of the infant: (4)
4. List the dietary considerations that should be kept in mind while planning meals for each of the following : (4)
 - a. Lactating mother
 - b. Adolescent girl
5. Briefly discuss the microorganism responsible for food spoilage. Substantiate your answer with examples. (4)
6. Briefly discuss the dietary modifications/preventive measures for the following: (4)
 - a. Diabetes mellitus
 - b. Iron deficiency anemia
7. What are the different records you would maintain in food service unit? Enumerate. (4)
8. List the different methods used for assessment of nutritional status. How are anthropometric measurements used in assessment of nutritional status? (4)
9. What are the objective and components of : (2+2=4)
 - a. Mid-day meal programme
 - b. ICDS
10. Give reasons for the following : (1+1+1+1=4)
 - 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 sources
 - d. Iodine content of food is influenced by the iodine content of soil/water.

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. (10)
2. Record the food intake of an adolescent girl for one day using the following table: (10)
Evaluate the meal and comment whether the diet is balanced.

Meal	Menu	Ingredients	Comments
Breakfast, Lunch, Snack, Dinner			

3. Prepare any two nutritious snacks – one for a child attending an aganwadi and second for an elderly. Your answer must specify: (10)
 - i) Name of the snack
 - ii) List of Ingredients
 - iii) Method of preparation
 - iv) Food sources contributing to the important nutrients required by the specific individuals.
 - v) Justify the selection of snack (from nutritional stand point) for the children are for the elderly.
4. Describe in details any four cooking practices common in your region for(pulses/ Rice/ Wheat/Maize etc.) Predict the nutrients which are likely to be lost to a substantial degree in each. (10)

Section C - Objective Type Questions (OTQ)

(20 marks)

- a. Define the following terms in 2-3 sentences only: (5)
1. Standardized Recipe
 2. Food fortification
 3. Food preservation
 4. Amylase rich food (ARF)
 5. ORS
- b. Differentiate between the following sets of terms: (5)
- i) Enhancers and Inhibitors
 - ii) Essential and Non Essential Amino acids
 - iii) Xerophthalmia and Keratomalacia
 - iv) PUFA and Saturated Fat
 - v) Food law and food standard
- c. List the function and disorder(s) caused by the deficiency of the following nutrients/ substances: (5)
- i) Niacin
 - ii) Folic acid
 - iii) Protein
 - iv) Riboflavin
 - v) Vitamin 'D'
- d. Indicate the relationship between each set of terms. Your answer should be brief and precise and should include an example: (5)
- i) Fortification - Salt
 - ii) Bulk Purchase - Perish ability of foods
 - iii) Food Storage - Temperature
 - iv) Food quality - Food standards
 - v) Risk factors - Pregnancy