

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

**Application Oriented Course  
Nutrition for the Community**

**ASSIGNMENTS 1 TO 3  
July, 2018 / January, 2019**



**Indira Gandhi National Open University  
SCHOOL OF CONTINUING EDUCATION  
Maidan Garhi, New Delhi -110 068**

# Application Oriented Course in Nutrition for the Community (ANC-1)

## ASSIGNMENTS 1

July, 2018/January, 2019

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 .....
Programme 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 our 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/AS T-1/TMA-1/2018-19**

**For July 2018 admission: Last Date of Submission: 30<sup>th</sup> March, 2019**

**For January 2019 admission: Last Date of Submission: 30<sup>th</sup> October, 2019**

**Maximum marks: 100**

**Section A – Descriptive Type Questions**

**(40 marks)**

There are ten short questions in this part. Answer all questions. Answer each question in about 200-250 words.

1. a) Briefly explain the interrelation of food, health and nutrition. (2)  
b) What are available and non-available carbohydrates? Briefly explain their significance in terms of maintaining good health. (2)
2. List the dietary considerations that should be kept in mind while planning meals for each of the following : (2+2)
  - a) Old age
  - b) Pregnant women
3. a) Explain the role of vitamin A and vitamin D in our body. List some food sources. (2)  
b) Briefly explain the following: (1+1)
  - i. Complementary feeding practices
  - ii. Special attention to the diets of adolescent girls
4. Briefly discuss the dietary modifications/preventive measures for the following: (2+2)
  - a) CHD
  - b) Anemia
5. Briefly explain the three main causes of food spoilage. What measures would you adopt to minimize or avoid food spoilage? (4)
6. a) Explain the principle of food preservation involved in the following: (1+1)
  - i. Wax coating of Jam
  - ii. Blanching of vegetables before freezing  
b) Explain giving examples, two major types of food contaminants that we need to worry about. (2)
7. List the different methods used for assessment of nutritional status. Give significance of anthropometric measurements in assessing nutritional status (4)
8. Explain the objective and components of ICDS and MDM. (2+2)
9. What are the causative factors of PEM? Suggest the preventive measures for the same? (2+2)
10. Give reasons for the following : (1+1+1+1)
  - i. Vitamin C play an important role in wound healing
  - ii. Sodium helps in regulating alkalinity of body fluids
  - iii. Wheat flour contains more thiamine as compared to refined flour
  - iv. Colostrum is beneficial for infants

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

1. What is a balanced diet? List the steps involved in preparing a balanced diet. Using these steps plan a balanced diet for a lactating mother in the first six months of lactation belonging to low socio-economic group. (10)
2. Record the food intake of a college going girl for one day using the following table: Evaluate the meal and comment whether the diet is balanced. (10)

Meal	Menu	Ingredients	Comments
Breakfast			
Lunch			
Evening snacks			
Dinner			

3. Prepare any two nutritious snacks – one for a pre school child 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 and 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)**

1. Define the following in 2-3 sentences: (5)
  - i) Food adulteration
  - ii) RDA
  - iii) Lathyrism
  - iv) Amylase rich food
  - v) Synergism
2. Differentiate between the following sets of terms giving examples: (5)
  - i) Essential and non-essential amino acids
  - ii) Saturated and unsaturated fats
  - iii) Labels and brands
  - iv) Food laws and food standards
  - v) IDDM and NIDDM

3. List the deficiency and food sources of the following nutrients/substances: (5)
- i) Thiamine
  - ii) Niacin
  - iii) Iodine
  - iv) Vitamin B<sub>12</sub>
  - v) Riboflavin

4. Fill in the blanks: (5)
- i) In dehydration, there is loss of fluids and .....
  - ii) Body weight less than .....Kg is a risk factor during pregnancy
  - iii) The toxins present in *kesari dal* affect the .....system
  - iv) In case of lactation failure .....milk is suitable for the babies.
  - v) .....present in green leafy vegetables and cereals interfere with absorption of calcium/phosphorus.