

CFN

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

### **ASSIGNMENTS 1-3 January 2021 and July 2021**



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

# Certificate Programme in Food and Nutrition (CFN)

## ASSIGNMENTS 1-3

2021

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 responsesheet(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 responsesheet(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-1/21

For January 2021 session last date of Submission: 30<sup>th</sup>March, 2021

For July 2021 session last date of Submission: 30<sup>th</sup>September, 2021

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 (60Marks)
- b) Practical Exercise (40Marks)

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

All questions are compulsory

1. a) What are socio-cultural factors that influence food acceptance? Enumerate. b) Discuss the nutritional adequacy of vegetarian and non-vegetarian diets. (5)
2. a) What are the various physiological functions of food? Elaborate. (3)
2. b) How can you prevent the spread of food borne diseases through food? (5)
3. a) Briefly explain the functions of proteins. Also, explain the effect of deficiency and excess of protein in the body. (3)
3. b) Why personal hygiene is important at all stages of food chain? Enlist the precautions to maintain personal hygiene. (5)
4. a) What are the sources, functions of Vitamin A and Calcium in our body? (3)
4. b) What is the significance of combination of different food products in the context of improving the food quality? (5)
5. a) What are the various food pre-preparation methods? (3)
5. b) What are the various methods of improving nutritive value of cereals? (2 \*3=6)
6. a) Define the following cooking methods: (2)
6. i) Sauteing ii) Poaching iii)Grilling
6. b) Enlist the types of convenience foods. (5)
7. a) Write the various methods of preserving perishable and semi-perishable foods. (3)
7. b) Enlist the changes occur in fats & oils on cooking? (2)
8. a) Comment on nutritive value of nuts and oil-seeds. (2)
8. b) Enlist ways through which we can include fruits in our daily diet. (2)

## **PART B (Practical Exercises)**

**(40 Marks)**

**This part consists of four practical exercises. All are compulsory.**

1. Record the dietary intake of a pregnant lady. List the menu and food items consumed in a day. Record the nutrients obtained by the daily diet in a tabular form. (10)
2. Conduct a survey in your nearby market and find out the different foods (atleast 10) preserved by sugar, salt, acid and chemical preservatives. (10)
3. Discuss the principle of egg preparation. Compare the time taken in coagulation of egg protein by cooking the following: (10)
  - a. Omelette
  - b. Mixture of beaten egg and milk
  - c. Egg white
4. Suggest any two preparations made from following food products. (10)
  - a) Bajra
  - b) Chana Sprouts
  - c) Pumpkinseeds
  - d) Khoa

List down the ingredients and method of preparation.

## ASSIGNMENT 2 (TMA-2)

**Course Code: CFN-2**

**Assignment Code: CFN-2/AST-2/TMA-2/21**

**For January 2021 session last date of Submission: 30<sup>th</sup>March, 2021**

**For July 2021 session last date of Submission: 30<sup>th</sup>September, 2021**

**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** **(60Marks)**
- b) **Practical Exercise** **(40Marks)**

### **Part B: Descriptive Type Question** **(60 Marks)**

**All questions are compulsory**

1. a) Water is an indispensable nutrient. Why? (3)  
b) What is protein energy malnutrition? Give its causes and preventive measures. (5)
2. a) Explain, how the following foods will be digested in the body: (4)  
i) Bread ii) Butter  
b) Which are the intensive periods of growth? Why are they critical? (4)
3. a) Define the following terms: (2+2+2)  
i) Toxemia  
ii) Measles  
iii) Colostrum (2)  
b) How would you justify the food fallacy of deshi and English egg?
4. a) Comment on the importance of nutrition for nursing mothers. (4)  
b) What is weaning? At what age weaning foods should be started and what precautions should be taken while weaning an infant? (4)
5. a) How is infection and malnutrition related? (4)  
b) What are the nutritional requirements of a school age children? How are they related to growth of children? (4)
6. a) "Breast milk is the best choice for infants". Justify the statement. (3)  
b) Briefly explain the importance of anthropometric measures in assessing nutritional status. (5)
7. a) What points you must keep in mind while planning a packed lunch? (3)  
b) What are the various factors influencing the adolescent's food intake? (3)
8. a) List the physiological changes that occur in later years of life (old age). (3)  
b) What is the basis of formation of food habits? (3)

## **PART B (Practical Exercises)**

**(40 Marks)**

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

1. Plan a day's diet for a lactating woman (0-6 months of lactation) . Also mention different points you would keep in mind while planning the diet for her. (10)
2. Plan two dishes that are high in protein and fibre suitable for pregnant women. Give the ingredients to be used and method of preparation. (10)
3. Record the weight and height of ten 5 year old children in your locality. Determine their growth status using the growth charts (You can refer to CFN-2, Block-5, and Unit-15). Comment on their health status. Record your observation in tabulated form. (10)
4. Make an inventory of your 3 days minute to minute activity. Then classify yourself as sedentary, moderate or heavy worker according to the average activity performed. (Refer to CFN-2, Block-1, Unit-2) (10)

## **ASSIGNMENT 3 (TMA-3)**

**Course Code: CFN-3**

**Assignment Code: CFN-3/AST-3/TMA-3/21**

**For January 2021 session last date of Submission: 30<sup>th</sup> March, 2021**

**For July 2021 session last date of Submission: 30<sup>th</sup> September, 2021**

**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 (60Marks)**

**b) Practical Exercise (40Marks)**

### **PART A: DESCRIPTIVE TYPE QUESTION (60 MARKS)**

All questions are compulsory

1. Explain the following terms in brief: (5)
  - a) Food budgeting
  - b) Food standards
  - c) Infant Mortality Rate
  - d) Food Subsidy
  - e) Fertilizers
2.
  - a) How public distribution system works? (5)
  - b) What are feeding programmes? Explain any two in detail. (10)
3.
  - a) What do you understand by livestock? What foods do they provide? What resources do they need for their production? (5)
  - b) Explain the Government schemes meant for pisciculture. (5)
4. Define adulteration? Write the precautionary measures against adulteration. Also give adulterants in following items: (10)
  - a) Turmeric Powder
  - b) Honey
  - c) Milk
  - d) Fats and Oils
5.
  - a) Which are the various agencies that provide consumer education? Explain in brief. (5)
  - b) What do you understand by Integrated Child Development Services? Write different services provided under this programme? (5)
6. What were the various objectives of operation flood- phase I and II? (5)
7. What are the factors that influence the food expenditure? (5)



**PART B(Practical Exercises)**

**(40 Marks)**

1. Prepare a food budget for your family for a period of 2 months. (10)
2. Visit a fair price shop functioning under Public distribution system in or around your locality/area. Tabulate the food commodities and the cost of these commodities being sold at the fair price shop. Also identify the beneficiaries. (10)
3. Prepare a 5 day cycle menu for a mid-day meal programme. Justify inclusion of nutrients in the nutritious meal. (10)
4. Conduct a market survey. Identify five different packaged food products. Record your observation related to the nutrition label on each packet. Illustrate any one food label. (10)