

**DNHE**

**Diploma Programme in Nutrition and Health Education**

**ASSIGNMENTS 1-3**

**January 2021  
and  
July 2021**



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

**Diploma Programme in Nutrition and Health Education (DNHE)**

**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 DNHE-1

Assignment 2 (TMA) - based on DNHE-2

Assignment 3 (TMA) - based on DNHE-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 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 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)**

In this section, you have to answer questions of descriptive type.

### **Section B: Practical Activities**

**(40 marks)**

You would be required to submit your responses to activities given in Practical Manuals 1, 2 and 3 respectively.

## **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: DNHE-1

Assignment Code: DNHE-1/AST-1/TMA-1 /21

For January 2021 session last date of Submission: 31<sup>st</sup> July, 2021

For July 2021 session last date of Submission: 20<sup>th</sup> December, 2021

Maximum Marks: 100

### Section A – Descriptive Type Questions

(60 marks)

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

1. a) Explain the organs involved in digestion of food. Using this information, briefly explain the digestion, absorption and utilization of proteins in our body. (5)  
b) How table sugar is different from starches? Explain with the help of their structures. (3)
2. a) Explain the role of thiamine and potassium in our body. Enlist their food sources. (3)  
b) Briefly explain the storage of perishable, non-perishable and semi-perishable food items (5)
3. Explain the term food spoilage. Give its causes and factors affecting food spoilage. (6)
4. a) List the common food adulterants and their health hazards. (4)  
b) What are the clinical features of Xerophthalmia ? (4)
5. a) Discuss the role of grades, brands and labels in food selection. (3)  
b) Explain the principle and any one method of food preservation. (5)
6. a) What is anemia and what are its causes? Also, discuss its preventive measures. (5)  
b) Infection and malnutrition are inter-related. How? (3)
7. a) What dietary advice would you give for the management of diarrhea? (3)  
b) Differentiate between insulin dependent and non-insulin dependent diabetes mellitus. What dietary modifications for carbohydrate would you suggest for non-insulin dependent diabetes mellitus? (5)
9. a) Enumerate the various methods of diet survey. (3)  
b) Write the objectives and components of mid-day-meal (MDM) Programme. (3)

**Section B – Application Question (AQ)**

**(40 marks)**

1. Based on the steps involved in planning balanced diet prepare a diet for an adolescent belonging to low socio-economic group. (10)
  
2. What are the factor influencing food budgeting. Prepare a step-wise food budget for your home . (10)
  
3. List various methods of home scale preservation. Make a recipe using home scale preservation method “preserving with sugar” and paste a picture of it on your answer sheets. Also, tabulated the amount of ingredients and method of preparation. (10)
  
4. Prepare a snack rich in fibre, iron, adequate in protein, low in calories for an elderly person. Your answer must specify all of the following: (10)
  - i) Name of the Snack
  - ii) List of ingredients
  - iii) Method of preparation
  - iv) Source of Iron, Fibre, and protein included.

## ASSIGNMENT 2

### (TMA-2)

Course Code: DNHE-2

Assignment Code: DNHE-2/AST-2/TMA /21

For January 2021 session last date of submission: 31<sup>st</sup> August, 2021

For July 2021 session last date of submission: 31<sup>st</sup> January, 2022

Maximum Marks: 100

#### Section A – Descriptive Type Questions

(60 marks)

There are six questions in this part. Answer all questions.

1. a) What do you understand by the Infant Mortality Rate (IMR) and Maternal Mortality Rate (MMR)? (3)  
b) Enlist the determinants of family planning programme. (3)  
c) What are the strategies and health education techniques to improve the health and quality of life of Asians. (4)
2. a) Enlist the main routes of entry of pathogens into the susceptible host. (3)  
b) How large scale purification of water is done? Explain with the help of diagram. (4)  
c) Explain the term Buerger's disease. Also, enlist other harmful effects of smoking on health. (3)
3. a) What are various dietary modifications in case of therapeutic diets? (3)  
b) Explain malabsorption syndrome. Enlist food permitted and avoided in this syndrome. (3)  
c) Briefly discuss the dietary modifications of the followings: (2+2)
  - i) Hypertension
  - i) Oesophageal Reflux
4. a) Briefly discuss the cause, prevention and management of the following diseases: (2 +2)
  - i) Typhoid
  - ii) Infectious Hepatitis  
b) Give incubation period, symptoms, complications and control measures of following parasitic infestation: (2 +2)
  - i) Amoebiasis
  - ii) Hydatidosis  
d) Give mode of transmission of following food infections and intoxications: (2)
  - i) Staphylococcal Food Poisoning
  - ii) Botulism
5. a) Define Tuberculosis. Give prevention and management of this infectious disease. (4)  
b) Name the causative organism of diphtheria. Give its management (3)  
c) Explain bacterial conjunctivitis. How can we treat it? (3)

6. a) Write down the objectives of Integrated Child Development Services Scheme. (2)
- b) What are the three major components of National AIDS Control programme. (2)
- c) Enlist essential components of Primary Health Care. (3)
- d) Explain three health care levels. (3)

**Section B – Application Question (AQ)**

**(40 marks)**

1. Conduct a survey in your locality and collect information on the different measures adopted at the household level for safe drinking water and waste disposal. Present your answer in tabulated form. (10)
2. Pradeep is suffering from diabetes mellitus. What kind of diet would you prescribe to him? Also prepare a list of foods which are permitted and foods which have to be avoided. (10)
3. Conduct a survey in your locality to find out about the practices adopted to treat and control diarrhea at home. Record your answer in a tabulated form. (10)
4. Write down the ten messages to promote environmental protection and also give the role of NGO's in promoting environmental protection. (10)

## **ASSIGNMENT 3 (TMA)**

**Course Code: DNHE-3**

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

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

**For July 2021 session last date of submission: 15<sup>th</sup> March, 2022**

**Maximum Marks: 100**

### **Section A – Descriptive Type Questions**

**(60 marks)**

There are six questions in this part. Answer all questions.

1. a) What are the three distinct components of community nutrition? Explain one in detail. (5)  
b) What are the specific determinants of food behavior? Elaborate. (5)
2. a) What points you would keep in mind while planning meals for school children? (4)  
b) What are the symptoms of tuberculosis? How can it be treated and prevented? (3)  
c) What are some specific problems mothers faces during lactation? (3)
3. a) Describe any two behavior-centered group communication methods. (4)  
b) List down the advantages and limitations of using radio as mass communication media. (3)  
c) What is epidiascope? How it can be used as a teaching medium? (3)
4. a) Comment on the efficacy of using traditional approaches as health and nutrition education communication approaches. (3)  
b) Differentiate between analytical and persuasive modern approaches to health and nutrition educational communication. (4)  
c) Give preventive measures of vitamin A deficiency in preschoolers. (3)
5. a) How woman to woman strategy is effective in disseminating nutrition and health education? How this strategy can be practiced? (4)  
b) Expand NHEES Project launched in rural schools. What are its objectives and practices to be followed? (6)
6. a) What are the various levels in organizing a successful nutrition and health programmes. Explain in detail. (10)



**Section B – Application Question (AQ)**

**(40 marks)**

1. Develop a leaflet (consisting two leafs) on ‘Dental Health’ highlighting the steps to keep teeth and gums healthy. Enlist the points you kept in mind while preparing the leaflet. (10)
2. Conduct a survey of 10 pregnant/lactating women in your locality or nearby your locality. Observe and record the healthy and faulty eating practices related to maternal nutrition. Your answer should focus on diet/food provided during pregnancy/lactation, foods avoided and meal frequency/pattern followed etc. (10)
3. Conduct a discussion within a community group on the effect of pollution on air quality and human health. Based on the important points that emerges from the discussion prepare an article for educational programme. (10)
4. Develop any one indoor game that can be used to educate people about the various food groups and their sources. Prepare a prototype of the game. (10)