

**CNCC**

**Certificate Programme in Nutrition and Child Care  
CNCC**

**Nutrition for the Community (CNCC-1)  
Organizing Child Care Services (CNCC-2)**

**ASSIGNMENTS 1 and 2  
January 2023 and July 2023**



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

**Certificate Programme in Nutrition and Child Care (CNCC)**  
**ASSIGNMENTS 1 and 2**

**2023`**

Dear Students,

You will have to do only two assignments in this programme. All the assignments are tutor marked. Each Assignment carries 100 marks. The distribution of assignments is as follows:

Assignment 1 (TMA) - based on CNCC-1

Assignment2 (TMA)-based on CNCC-2

**INSTRUCTIONS**

Before attempting the assignments please read the following instructions carefully.

- 1) Read the detailed instructions about assignments given in the ProgrammeGuide.
- 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 .....	Date .....
Assignment No.....	
Study Centre.....	

- 4) Use only fullscap 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 ownhandwriting.
- 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 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 CNCC-1 ASSIGNMENT**

The Assignments have three parts.

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

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

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

This section consists of four questions based on the Practical Manual.

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

This section contains various types of objective questions.

## **GUIDELINES FOR CNCC-2 ASSIGNMENT**

The Assignment has three parts-Section A, Section B and Section C. All three parts of each assignment are compulsory.

If you do not submit all the parts of the assignment together, your assignment will not be considered complete and will be returned to you without being marked. You will have to repeat the assignment.

In each assignment, Section A comprises theoretical questions and Sections B & C comprise Practical Exercises. Each assignment carries 100 marks; 60 marks for Section A and 20 marks each for Sections B & C.

The assignments printed in this booklet contain section A of the three assignments. The Practical Exercises for Section B & Section C of the three Assignments, are contained in the Practical Manual for CNCC-2 which you would have received in your study material.

There are 10 exercises in this Practical Manual. You have to do two exercises from this Practical Manual for CNCC-2 Assignment. Information about which exercises have to be done for each assignment, is given under Section B & Section C of CNCC-2 assignment in this booklet. Though you have to submit only two Practical Exercises for CNCC-2 Assignment, we advise you to do all the Practical Exercises contained in the Practical Manual. This will give you practice in applying theoretical concepts in real life and you will develop skills of interacting with children. After doing the different exercises, you can select the exercise which you have done best for the assignment.

### **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.

**Course: Nutrition for the Community (CNCC-1)**  
**ASSIGNMENT 1 (TMA-1)**

**Course Code: CNCC-1**  
**Assignment Code: CNCC-1/AST-1/23**  
**For January session last date for submission: 15<sup>th</sup> April, 2023**  
**For July session last date for submission: 15<sup>th</sup> October, 2023**  
**Maximum Marks: 100**

**This assignment is based on Block 1 to 7 of the course CNCC-1**

**Section A – Descriptive Type Questions (40 marks)**

There are eight short answer questions in this part. Answer all questions.

1. a. Define the term physical health and mental health. (2)  
b. What do you understand by available carbohydrate? Give its sources and functions. (3)
2. a. Justify the statement ‘Water is essential for life’ highlighting its function. (3)  
b. Write the functions and sources of Vitamin K (2)
3. a. What are the different factors which influence calcium absorption? Elaborate. (3)  
b. Give the role of iron in oxygen transport. (2)
4. Briefly discuss different factors which influence our nutrient needs. (5)
5. List different dietary considerations that should be kept in mind while planning meals for pregnant and lactating mothers (2.5+2.5)
6. Define food budget. Discuss various factors which affect food budgeting. (5)
7. What is IDD? Explain its causes, clinical features and preventive measures. (5)
8. a. Define nutritional status. What are the methods to assess nutritional status of an individual and population groups. (1+3)  
b. Differentiate between cash books and ledger. (1)

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

1. Prepare any two recipes for lactating mothers. Also describe the following: (10)
  - i) Name of the recipe
  - ii) List of ingredients
  - iii) Method of preparation
  - iv) Nutritional composition
2. Based on the steps involved in planning balanced diet, prepare a diet for a school going child belonging to low socio-economic group. (Refer Unit- 10 for guidance in meal planning) (10)
3. Record height, and weight of 10 (ten) adults in your locality and determine their body mass index (BMI). Classify them to identify their health status based on WHO classification (Refer Unit 21) (10)

4. Visit your nearby market and select 5 fruits and 5 vegetables. Look for the physical appearance and (10) other points you learnt in Unit- 13 and write them in given format.

Sr No.	Name of the food	Observations
<b>Fruits</b>		
1.		
2.		
3.		
4.		
5.		
<b>Vegetables</b>		
1.		
2.		
3.		
4.		
5.		

**Section C - Objective Type Questions (OTQ)**

**(20 marks)**

- a. Define the following terms: (10)

- |                     |                           |
|---------------------|---------------------------|
| i. Cycle Menu       | vi. Essential Amino Acids |
| ii. Kwashiorkor     | vii. Osteomalacia         |
| iii. BMI            | viii. Colostrum           |
| iv. Atherosclerosis | ix. Growth Chart          |
| v. Brands           | x. Osmosis                |

- b. Match the following: (10)

- |                         |   |
|-------------------------|---|
| i. Fibre                | a. Amino acid                               |
| ii. Body building foods | b. Riboflavin                               |
| iii. Myocardium         | c. Milk & milk products                     |
| iv. Protein             | d. Non-available carbohydrate               |
| v. Iodization           | e. Lathyrism                                |
| vi. Carbohydrate        | f. Fruits and vegetables                    |
| vii. Protective Foods   | g. Salt                                     |
| viii. Atherosclerosis   | h. Glucose                                  |
| ix. Pellagra            | i. Heart muscle                             |
| x. Kesari Dal           | j. Fat deposition in the lumen of an artery |

**Assignment 2**  
**(Tutor Marked Assignment)**

Course Code: CNCC-2

Assignment Code: CNCC-2/TMA-1/2023

For January session last date for submission: 15<sup>th</sup> April, 2023

For July session last date for submission: 15<sup>th</sup> October, 2023

Total Marks: 100

**All Three Sections – A, B and C of this assignment are compulsory.**

**SECTION A**

**Answer all questions of Section A.**

**60 Marks**

1. (a) Explain the cephalocaudal and proximodistal directions of development.  
(b) What are the motor abilities of a child in the age group of birth to 1 year of age?  
(300 words each; 4+4=8 marks)
2. Describe one activity each for fostering the development of the following abilities in four year old children.  
(a) Pre-reading skills  
(b) Creativity  
(c) Fine motor skills (300 words per activity; 3X3=9 marks)  
For each activity, mention its goals, material(s) required, if any and procedure to carry out the activity.
3. (a) What are the language abilities of a child between 3-6 years of age?  
(b) What are the factors that influence language development? (300 words each; 3+3=6 marks)
4. Discuss any two methods of reaching out to parents to involve them in the activities of the child care centre. (500 words; 5 marks)
5. (a) List out the five stages in planning a curriculum?  
(b) What are long term and the short term goals? (500 words; 2+5=7 marks)
6. Discuss any three causes of aggression among young children? Explain three strategies using which parents can socialize/handle the child's aggressive behaviour. (500 words; 5 marks)
7. What points will you keep in mind while evaluating space and play materials in an ECCE Centre? Make a checklist to support your answer. (500 words; 5 marks)
8. Write about each of the following in about 200 words each.  
(a) Altruism and Empathy  
(b) Points to keep in mind while evaluating indoor space of a child care centre  
(c) Any one method for evaluating children's progress  
(d) Critical Periods in development  
(e) Capabilities of a newborn (3x5=15 marks)

## SECTION B

**20 Marks**

In this Section you have to do any one of the Practical Exercises related to observing children. Choose any exercise out of Exercises 4, 6 and 7 described in the practical Manual of this Course i.e., CNCC-2 and submit it to the counselor for evaluation.

It would be useful for you if you were to do all the three exercises. This would give you practice in observing children, recording your observations and interpreting them. You can then choose the exercise which you feel you have done the best and submit it for evaluation.

The marking instructions for the exercises are as follows

### **Exercise 4**

**Total marks: 20**

#### **Break-up of marks:**

Observing the child and the parents and recording the observations

10

Analysis of observations and conclusions

10

### **Exercise 6**

**Total marks: 20**

#### **Break-up of marks:**

Observing the child and recording the observations

10

Analysis of observations and conclusions

10

### **Exercise 7**

**Total marks: 20**

#### **Break-up of marks:**

Carrying out activities related to matching and conservation and recording observations

5+5

Analysis of observations and conclusions related to matching and conservation

5+5



## SECTION C

**20 Marks**

In this Section you have to do any one of the Practical Exercises related to planning play activities for children and conducting them. These are Practical Exercise number 5, 8 and 9, described in the Practical Manual of this course i.e., CNCC-2. Choose any one of the exercises and submit it to the counselor for evaluation.

It would be useful for you if you were to do all the three exercises. This would give you practice in planning and organizing play activities. You can then choose the exercise which you feel you have done the best and submit it for evaluation.

The marking instructions for the exercises are as follows:

### **Exercise 5**

**Total marks: 20**

#### **Break-up of marks:**

Playing with the infant with the toy that has been made, and recording the observations	10
Evaluating the play activity and writing the conclusions	10

### **Exercise 8**

**Total marks: 20**

#### **Break-up of marks:**

Planning the two activities	5+5
Carrying out the two activities and analyzing and evaluating them	5+5

### **Exercise 9**

**Total marks: 20**

#### **Break-up of marks:**

Describing the festival	2
Suggesting re-organization of the room	6
Scheduling activities over a week	6
Brief description of scheduled activities	6