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 2014 and July 2014

School of Continuing Education
Indira Gandhi National Open University
Maidan Garhi, New Delhi -110 068
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
Assignment 2 (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 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:

<table>
<thead>
<tr>
<th>Enrolment No</th>
<th>Name</th>
<th>Course Title</th>
<th>Address</th>
<th>Assignment No</th>
<th>Study Centre</th>
<th>Date</th>
</tr>
</thead>
</table>

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 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

Section A: Theory Based Questions   (60 marks)
This section consists of questions based on the 7 Theory Blocks.

Section B: Practical Activity   (20 marks)
In this section you have to do any one practical activity mentioned in the booklet. The practical activities are described in the Practical Manual.

Section C: Practical Activity   (20 marks)
In this section you have to do any one practical activity mentioned in the booklet. The practical activities are described in the Practical Manual.

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 your wish to emphasize.

4) Submission:

a) Please note that unless you submit both the assignments contained in this booklet within the stipulated time, you would not be permitted to appear for the term-end-examination for the respective course.

b) Submit Sections A, B & C of each assignment together, otherwise your assignment would be returned to you without being evaluated.
This assignment is based on Block 1 to 7 of the course CNCC-1

Maximum marks: 100

Section A – Descriptive Type Questions

There are ten short questions in this part. Answer all questions. Each question carries 4 marks.

1. Differentiate between the following with examples:
   a) Essential and non essential amino acids
   b) Available and non-available carbohydrates

2. Enumerate the functions of iron in the body?

3. “Recommended dietary intakes depend on physiological state in the case of women.”
   Is this statement correct? Justify your answer with examples.

4. List the main objectives of the following:
   a) Mid-day meal programme.
   b) ICDS programme

5. What is the importance of growth monitoring? Discuss briefly.

6. Briefly discuss the dietary modifications in diabetes mellitus. Explain with suitable examples.

7. Define the following:
   a) Standardized recipe
   b) Work schedule
   Briefly discuss their role in running a food service unit.

8. What do you understand by food adulteration? Enlist some common adulterant found in different food items and their health hazards.

9. Briefly discuss the microorganisms responsible for food spoilage. Substantiate your answer with examples.

10. What is food preservation? Briefly discuss the principles of food preservations.
Section B - Practical Activities

There are four exercises in this section. These exercises are based on Practical Manual 1. Answer all four.

1. **Prepare a supplementary food item for a child of 10 months of age.**
   
   Your answer must specify:
   
   a) Name of the snack
   b) List of ingredients
   c) Method of preparation
   d) Major nutrients provided

2. **Look up Section 2, Activity 1 in Practical Manual -1. Using the food composition tables given in Annexure-2, Calculate the Energy, Protein, Thiamine, Calcium, Iron and Vitamin C content of the food items listed in the activity.**

3. **Identify any two snacks commonly consumed in your region:**
   
   - List the ingredients and method of preparing the same.
   - What method of cooking was used to prepare the snack? Specify.
   - Discuss the influence of cooking on the nutrient content of the snack.

4. **Visit an aganwadi center near to your place. Record the data related to services provided, beneficiaries and mid day meal provided at that center.**

Section C - Objective Type Questions (OTQ)

1. **Define the following terms:**
   
   a) Enhancers
   b) Balanced diet
   c) Adolescent growth spurt
   d) PUFA
   e) Xerophthalmia
   f) Lathyrism
   g) Synergism
   h) ORT
   i) Fortification
   j) Cyclic menu

2. **List the main food sources and disorder(s) caused by the deficiency of the following nutrients/substance:**
   
   a) Vitamin C
   b) Folic acid
   c) Calcium
   d) Riboflavin
ORGANIZING CHILD CARE SERVICES (CNCC-2)
Assignment 2
(Tutor Marked Assignment)

Course Code: CNCC-02
Total Marks: 100

Last date of submission of assignment to the study centre:
For January session — last date for submission: 30\textsuperscript{th} March, 2014
For July session — last date for submission: 30\textsuperscript{th} September, 2014

SECTION A

Answer all questions.

1. a. State whether you agree or disagree with each of the following statements, giving reasons for the same:
   
i) One’s gender influences the experiences one has in one’s childhood.
   
ii) The early childhood worker should strictly follow the schedule of activities she has planned for the day for the children.
   
iii) Children should never be punished.
   
iv) Play is important only for cognitive development. (12 marks)

b. Explain the following terms:
   
i) Firm and Affectionate Parenting
   
ii) Attachment bond
   
iii) Critical periods (6 marks)

2. State the principles that the educator should keep in mind while developing the weekly curriculum for the preschool children in her centre. (6 marks)

3. Each of the following activities helps to foster an area or more than one area of development. State the areas of development that these activities foster and explain the reason for your answer:
   
i) Role play
   
ii) Making items with wooden blocks of different sizes
   
iii) Singing rhymes with actions
   
iv) Playing outdoor team games (8 marks)

4. Describe one play activity each that you will carry out with preschoolers:
   
i) To foster pre-writing skills
   
ii) To foster the concept of shape
   
iii) To foster reasoning skills
   
iv) To foster helping behaviour
   
v) To foster concept of conservation

For each activity, mention its content and material(s) required, if any. (15 marks)
5 Explain how a visit to the neighbourhood kitchen garden contributes to children’s development. Your answer should indicate the specific areas in which development is enhanced through the trip, with rationale for your answer. (5 marks)

6 Explain how the family members can
i) Develop a sense of initiative in the child
ii) Nurture creativity in the child (8 marks)

SECTION B (20 marks)

In this Section you are expected 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 counsellor 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*

<table>
<thead>
<tr>
<th>Break-up of marks</th>
<th>Description</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Observing the child and the parents and recording the observations</td>
<td>10 marks</td>
</tr>
<tr>
<td></td>
<td>Analysis of observations and conclusions</td>
<td>10 marks</td>
</tr>
</tbody>
</table>

**Exercise 6**

*Total marks : 20*

<table>
<thead>
<tr>
<th>Break-up of marks</th>
<th>Description</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Observing the child and recording the observations</td>
<td>10 marks</td>
</tr>
<tr>
<td></td>
<td>Analysis of observations and conclusions</td>
<td>10 marks</td>
</tr>
</tbody>
</table>

**Exercise 7**

*Total marks : 20*

<table>
<thead>
<tr>
<th>Break-up of marks</th>
<th>Description</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Carrying out activities related to matching and conservation and recording observations</td>
<td>5 + 5</td>
</tr>
<tr>
<td></td>
<td>Analysis of observations and conclusions related to matching and conservation</td>
<td>5 + 5</td>
</tr>
</tbody>
</table>
In this Section you are expected to do any one of the practical exercises related to planning play activities for children and conducting them. These are Practical Exercise numbers 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 counsellor 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:

<table>
<thead>
<tr>
<th>Exercise 5</th>
<th>Total marks : 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Break-up of marks</td>
<td>Playing with the infant with the toy that has been made and recording the observations 10 marks</td>
</tr>
<tr>
<td></td>
<td>Evaluating the play activity and writing the conclusions 10 marks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise 8</th>
<th>Total marks : 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Break-up of marks</td>
<td>Planning the two activities 5 + 5</td>
</tr>
<tr>
<td></td>
<td>Carrying out the two activities and analyzing and evaluating them 5 + 5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise 9</th>
<th>Total marks : 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Break-up of marks</td>
<td>Describing the festival 2</td>
</tr>
<tr>
<td></td>
<td>Suggesting re-organization of the room 6</td>
</tr>
<tr>
<td></td>
<td>Scheduling activities over a week 6</td>
</tr>
<tr>
<td></td>
<td>Brief description of scheduled activities 6</td>
</tr>
</tbody>
</table>