

ANC-1

Bachelor's Degree Programme (BDP)

Application Oriented Course
Nutrition for the Community

ASSIGNMENTS 1 TO 3
July 2013/January 2014



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

Application Oriented Course in Nutrition for the Community (ANC-1)
ASSIGNMENTS 1
July 2013 / January 2014

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
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 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.

Application Oriented Course in Nutrition for the Community
ASSIGNMENT-1
(TMA-1)

Course Code: ANC-1

Assignment Code: ANC-1/AST-1/TMA-1/2013-14

For July 2013 admission: Last Date of Submission: 30th March, 2014

For January 2014 admission: Last Date of Submission: 30th October, 2014

Maximum marks: 100

Section A – Descriptive Type Questions (40 marks)

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

1. a) Define the terms nutrition and nutritional status . (2)
b) Briefly explain the role of vitamin A in maintaining normal vision (2)
2. Briefly explain how the nutrient needs of adults are influenced by the following factors. (4)
 - a. Activity level
 - b. Body size/composition
 - c. Age
3. a) List any four dietary considerations that should be kept in mind while planning meals for each of the following: (4)
 - a. preschool child
 - b. pregnant women
 - c. adolescents
4. What are the objectives and components of the: (2+2)
 - i) Mid-day meal programme
 - ii) ICDS
5. Briefly discuss the microorganisms responsible for food spoilage. Substantiate your answer with examples. (4)
6. Briefly discuss the dietary modifications of CHD. (4)
7. Briefly discuss the preventive measures for **any one** deficiency disease disorders (PEM, Anaemia, vitamin A deficiency, Iodine deficiency disorder) (4)
8. What are the different records you would maintain in a food service unit. Enumerate. (4)
9. What is a cycle menu? Discuss its relevance in the food service unit. (4)
10. How are anthropometric measurements used in assessment of nutritional status? Discuss briefly. (4)

Section B - Practical Activities

(40 marks)

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

1. Based on the steps involved in planning balanced diets prepare a diet for a adult female having a sedentary lifestyle and belonging to low socio-economic group. (10)
2. Prepare any two nutritious snacks for children and evaluate them using a score card based on different characteristics as mentioned in section 6.5. (10)
3. Look up section 2 activity 3. Read the activity carefully and record your result in the proforma provided. (10)
4. Prepare a snack rich in fibre, iron, adequate in protein and low in calories for a elderly person. Your answer must specify. (10)
 - i) Name of the snack
 - ii) List of ingredients
 - iii) Method of preparation
 - iv) Sources of iron, fibre and protein included.

Section C- Objective Type Questions (OTQ)

(20 marks)

- a. Define the following terms: (10)
 1. Standardized Recipe
 2. Enhancers
 3. Essential Amino-Acids
 4. Work Schedule
 5. Adolescent growth spurt
 6. PUFA
 7. Keratomalacia
 8. Lathyrism
 9. Synergism
 10. Growth Monitoring
- b. List the disorder(s) caused by the deficiency of the following nutrients/substance: (5)
 - i) Thiamine
 - ii) Folic acid
 - iii) Fluorine
 - iv) Riboflovin
 - v) Vitamin D
- c. List any one important point you would keep in mind while selecting: (5)
 - (i) Cereals
 - (ii) Fruits
 - (iii) Milk and milk product
 - (iv) Fats & oils
 - (v) Nuts