

ASSIGNMENT BOOKLET

Bachelor of Science (Food Safety and Quality Management) (BSCFFSQM)

Academic Sessions: July 2025 and January 2026

Course: BPVC-101 - FOOD SCIENCE AND FOOD SAFETY



School of Agriculture
Indira Gandhi National Open University
New Delhi – 110 068
July 2025 and January 2026

SUBMISSION OF ASSIGNMENTS

| Course Code | Last Date for Submission of Assignments at LSC/PSC | |
|--|---|---------------------------------|
| | July 2025 Session | January 2026 Session |
| BPVC - 101 | 30 th March 2026 | 30 th September 2026 |
| For other courses of semester one, kindly refer the concerned assignment | | |

Note:

- Kindly submit your assignments at the concerned Learner Support Centre (LSC)/Programme Study Centre (PSC) within the due date as mentioned above.
- Before submitting the examination form (March and September for June and December Term-end examinations, respectively), it is mandatory to submit the assignments.

Dear learner,

Welcome to “Bachelor of Science (Food Safety & Quality Management) (BSCFFSQM) programme.

You are requested to go through the course materials first and then prepare the assignment response following the instructions. Your responses should not be a complete reproduction of the textual material/blocks provided for self-learning purposes. Please submit your assignment responses at the Learner Support Centre (LSC) allotted to you on or before the due date. The assignments will be evaluated by the Counsellors at the Learner Support Centre (LSC)/Programme Study Centre (PSC) and the respective weightage of marks will be added to the percentage of marks obtained at the term-end examination. Each candidate will have to complete assignments in order to appear in the term-end examination. Candidates are, therefore, advised to take assignments seriously and submit them on time.

General Instructions

- 1) If you fail to submit the assignments before the due date of the particular session, you are supposed to attempt a fresh set of assignments for subsequent sessions.
- 2) Write your Enrolment Number, Name, Full Address and Date of Despatch at the top right-hand corner of the first page of your answer sheet.
- 3) Write the Programme Title, Course Title, Assignment Code, Code and Place of the Study Centre on the left-hand corner of the first page of your answer sheet.

The top of the first page of your answer sheet for each assignment should be as follows:

| | |
|------------------------|--------------------|
| Programme Title | Enrolment No |
| Course Code | Name |
| Course Title | Address |
| Study Centre Code..... | |
| (Place) | Date |

Note: Students are required to follow this format strictly.

- 4) Your answer sheet should be complete in all respects. Make sure that you have answered all the questions in the assignments before you submit them. Incomplete answer sheets will yield poor marks.
- 5) As far as possible, you are advised to give the relevant points from the course material and elaborate their answers and explanations in their own language instead of reproducing the language of the course materials.
- 6) You are advised not to copy from the study material while attempting the assignments. In case it is found that the assignments have been copied from the study material, you will be awarded zero marks.
- 7) Avoid copying from the answer sheets of other students. If copying is noticed, the assignments of such students will be rejected.
- 8) Use only foolscap size paper for your answers, ordinary writing paper, neither too thick nor too thin, will do. Assignments should be handwritten. Typed assignments are not acceptable.
- 9) Leave 3” margin on the left and at least 4 lines in between each answer in an assignment. This will enable your Counsellor to write useful comments in appropriate places. Write the question number for each answer clearly.
- 10) The coordinator of your LSC/PSC will return the evaluated assignments to you. This will also include a copy of the assessment sheet containing global comments of the evaluator on your performance in the assignments. This will enable you to improve in your future assignments as well as in the term-end examinations.
- 11) The Assignments should be sent or submitted to the Coordinator/ Programme In-charge of the Learner Support Centre/PSC allotted to you.

Before attempting the assignments, please read the instructions carefully.

Wishing you all the best for the successful completion of the BSCFFSQM programme.

HAPPY LEARNING!

Programme Coordinators (BSCFFSQM)

SEMESTER – 1

DISCIPLINE-SPECIFIC CORE COURSE

COURSE CODE: BPVC-101

COURSE TITLE: FOOD SCIENCE AND FOOD SAFETY

Assignment has two parts. Submit both parts together.

Maximum Marks: 100

PART – A: ASSIGNMENTS

Attempt all questions. All questions carry equal marks. Write your answers in about 500 words.

Marks: 5x10=50

1. Explain the roles of food in human life. Classify food sources with examples, and analyse how their properties affect processing and consumption. 10
2. Prepare a healthy diet plan for an adolescent or elderly person with justification. Differentiate between health foods and designer foods. 10
3. Explain the human digestive system with a diagram. Describe roles of digestive enzymes in facilitating nutrient breakdown. Apply this knowledge to analyse how enzyme deficiencies (e.g., lactase deficiency) affect digestion and health. 10
4. Identify the major causes and determinants of PEM in different populations. Differentiate marasmus, kwashiorkor, and related disorders. Propose community-level interventions or strategies to prevent and manage PEM effectively. 10
5. Classify food hazards with examples and associated health risks. Suggest practical preventive and control measures to minimize these hazards in household and food establishments. 10

PART – B: ACTIVITIES

Perform all activities. Submit the evidence (activities notebook, charts etc.) of any FIVE Activities. For details, kindly refer to Block 5: Activities Manual.

Marks: 5x10=50

Activity 1: Prepare a chart depicting the Food Pyramid.

Activity 2: Visit a local market, identify any 10 functional foods and note down their nutritional value.

Activity 3: Select any five packed food products of your choice and list down their nutritional facts.

Activity 4: Do an assessment of your own dietary pattern for a single day and compare it with the reference balanced diet.

Activity 5: Prepare a pictorial chart of the disorders caused by the excess or deficiency of one macro and one micronutrient.

Activity 6: Prepare a chart showing the process of digestion of food, absorption and transportation of nutrients.

Activity 7: Visit any food retail store and gather information on organic/ traditional food products available.

Activity 8: Calculate the body mass index (BMI) of each member of your family and compare it with the WHO standards and give your recommendations.

NOTE:

For the assignment questions of other generic courses you have opted for in the 1st semester i.e. Minor Vocational Course, Skill Enhancement Course (SEC) and Interdisciplinary Course (IDC), kindly download them (search course codes in the format i.e. BCOS-185, select the correct session and download them) from the assignment section of the IGNOU website (<https://www.ignou.ac.in/studentService/download/assignments>).