

**BHCC-122**

**UNDERGRADUATE PROGRAMME**

**B.A. Home Science (FYUP)**

**ASSIGNMENT**

**July 2025 - January 2026 Sessions**

**COURSE CODE: BHCC-122**

**Fundamentals of Foods and Nutrition**

**School of Continuing Education**

**Indira Gandhi National Open University**

**New Delhi**



**BHCC-122: FUNDAMENTALS OF FOOD AND NUTRITION**  
**TUTOR MARKED ASSIGNMENTS**  
**July 2025 - JANUARY 2026**

**Dear Student,**

As explained in the Programme Guide, evaluation at IGNOU consists of two parts: i) continuous evaluation through assignments, and ii) term-end examination. In the final result, assignments of a course carry 30% weightage while 70% weightage is given for term-end examination.

You will have to do **two Tutor Marked Assignments (TMA)** for a four-credit course. This Assignment booklet has TMAs for the Core Course course **BHCC-122 FUNDAMENTALS OF NUTRITION** which is a **four-credit** course in first year of BA Home Science under FYUP.

Before you attempt the assignments, please read the instructions carefully provided in the Programme Guide. It is important that you write the answers to all the TMA questions in your own words. Your answers should be within the approximate range of the word-limit set for the questions. Remember writing these questions will sharpen your writing skills and understanding of the subject matter. You will also be ready for the Term-end Examination.

**Instruction for submission of Assignment:**

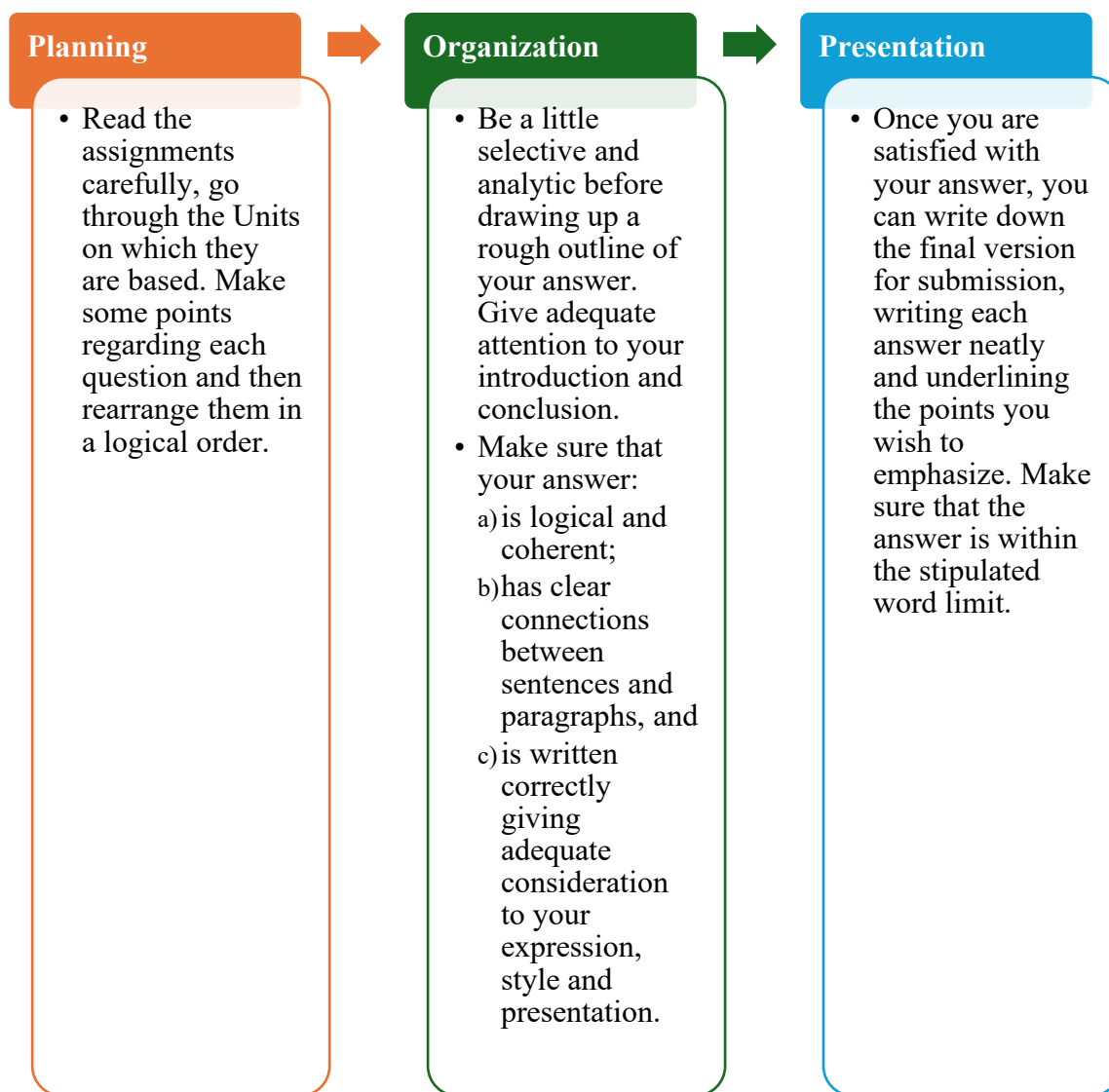
- As mentioned in the Programme Guide, you need to submit all the assignments within the stipulated time for being eligible to appear in the term-end examination.
- This assignment is valid for JULY 2025 and JANUARY 2026 admission cycles; and the assignment is to be submitted as per the following schedule:

Assignment No.	Date of Submission	Where to send
Assignment (TMA) For JULY 2025 Session Students	31 <sup>st</sup> March 2026	The Coordinator of your Study Centre
Assignment (TMA) For JANUARY 2026 Session Students	30 <sup>th</sup> September 2026	The Coordinator of your Study Centre

- You must obtain a receipt from the Study Centre for the assignments submitted and retain it. If possible, keep a photocopy of the assignments with you.

- Like all other assignments, this should be submitted to the Coordinator of your Study Centre. Your Regional Centre may allow you to submit this assignment online on its website. Please visit the website of your Regional Centre to check if online submission facility is available.
- The Study Centre will have to return the assignments to you after they are evaluated. Please insist on this. The Study Centre has to send the marks to the Student Evaluation Division at IGNOU, New Delhi.

We expect you to answer each question as per guidelines for each category as mentioned in the assignment. You will find it useful to keep the following points in mind:



**Wishing you all the best,**

**Course Coordinators**

**BHCC-122 FUNDAMENTALS OF FOOD AND NUTRITION  
TUTOR MARKED ASSIGNMENTS**

**Course code: BHCC-122 Assignment**

**Code: BHCC-122/ASST/TMA**

**July 2025- January 2026**

**Marks: 100**

**Note: Attempt any five questions.**

The assignment is divided into two Sections 'A' and 'B'. You have to attempt at least two questions from each section in about 600 words each. All questions carry equal marks.

**SECTION – A**

- |    |  |    |
|----|--|----|
| 1. | Explain food and its functions. Explain the vicious cycle of malnutrition.                           | 20 |
| 2. | Explain the concept of health in the Indian Knowledge System and the different dimensions of health. | 20 |
| 3. | Discuss different methods of cooking.  | 20 |
| 4. | Discuss the types of cereals and cereal products.  | 20 |
| 5. | Explain the health benefits of pulses and the effect of cooking on pulses.                           | 20 |
| 6. | Explain the functional properties of fruits and vegetables.  | 20 |
| 7. | Explain the importance of spices and condiments and their functional properties.                     | 20 |
| 8. | Explain food and its functions. Explain the vicious cycle of malnutrition.                           | 20 |

**SECTION – B**

- |     |  |    |
|-----|--|----|
| 9.  | Explain the processing of milk.  | 20 |
| 10. | What do you understand by the biological value of egg proteins?  | 20 |
| 11. | Explain the tests for freshness.   | 20 |
| 12. | Explain the composition and nutritive value of meat and fish.  | 20 |
| 13. | Discuss the classification and importance of salt.   | 20 |
| 14. | Explain the process of digestion and describe two functions each of carbohydrates, proteins, and fats. | 20 |
|     | Explain the types of vitamins and mention two functions of each.                                       | 20 |
|     | Explain the sources and functions of calcium and sodium.   | 20 |