BHCC-122

UNDERGRADUATE PROGRAMME
(B.A. Home Science) (FYUP)

ASSIGNMENT
July 2026 - January 2027 Sessions

COURSE CODE: BHCC-122
Fundamentals of Food and Nutrition

School of Continuing Education
Indira Gandhi National Open University
New Delhi

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UNIVERSITY

BHCC-122: FUNDAMENTALS OF FOODS AND NUTRITION

TUTOR MARKEDASSIGNMENTS

JULY 2026 - JANUARY 2027

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 this Tutor Marked Assignments (TMA) for a four-credit course. This Assignment booklet has TMAs for the Core Course BHCC-122 Fundamentals of Foods and 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:

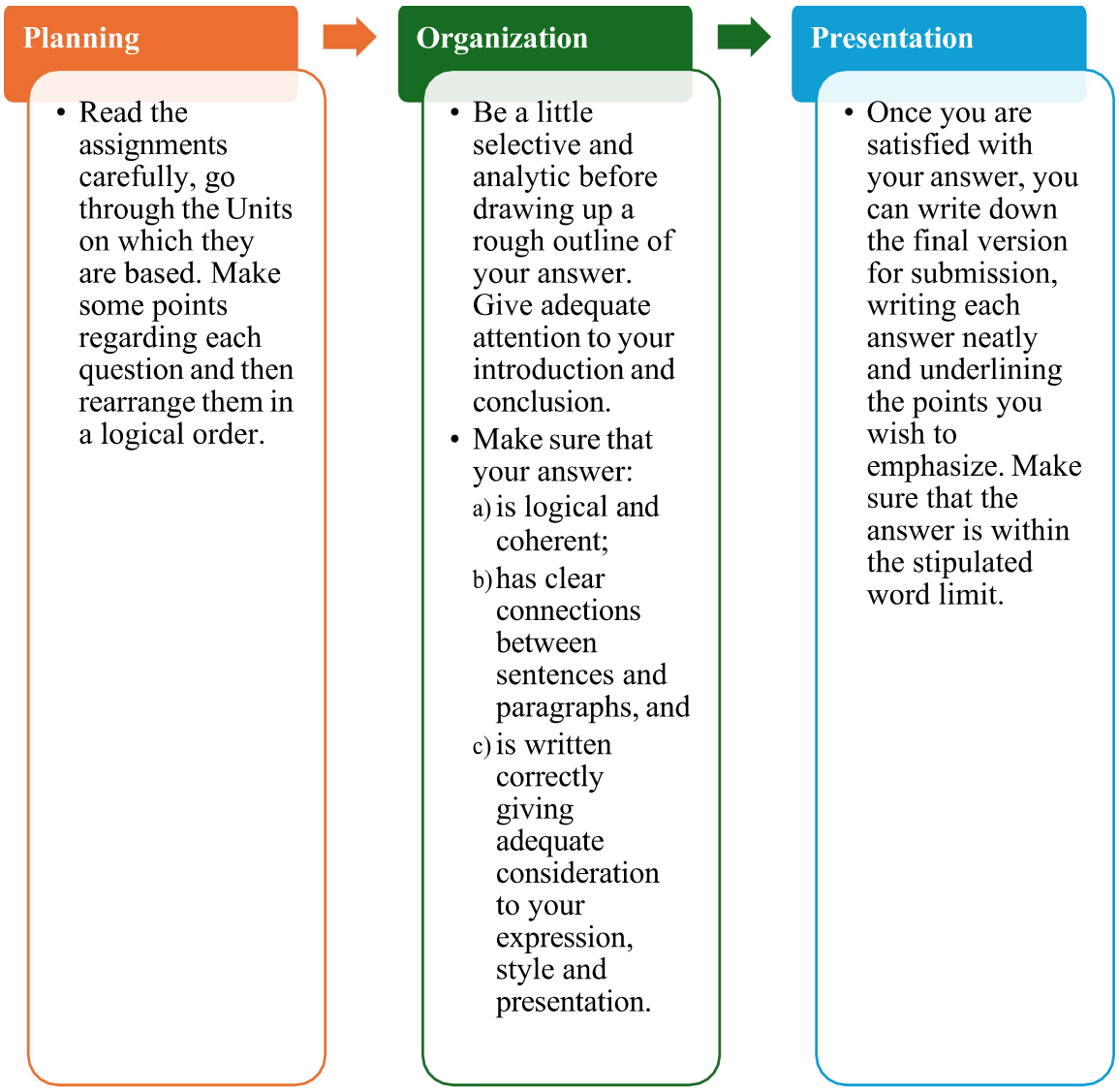
- As mentioned in the Programme Guide, you need to submit all the assignments within the stipulated time for being eligible to appear in the term-end examination.
- This assignment is valid for JULY 2026 and JANUARY 2027 admission cycles; and the assignment is to be submitted as per the following schedule:

Assignment No.	Date of Submission	Where to send
Assignment (TMA) For JULY 2026 Session Students	31st March 2027	**The Coordinator of your Study Centre**
Assignment (TMA) For JANUARY 2027 Session Students	**30th September 2027**	**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-121 FUNDAMENTALS OF FOODS AND NUTRITION

TUTOR MARKED ASSIGNMENTS
Course code: BHCC-121 Assignment Code: BHCC-122/ASST/TMA
July 2026- January 2027
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 various functions in the human body. Describe the vicious cycle of malnutrition in detail.**	**20**
2.	**Explain the concept of health in the Indian Knowledge System (IKS) and discuss the different dimensions of health.**	**20**
3.	**Discuss the basic food groups, the food pyramid, and the concept of a balanced diet.**	**20**
4.	**Discuss different methods of cooking (moist heat, dry heat, and combination methods) and their effect on nutrient retention.**	**20**
5.	**Discuss the types, structure, composition, and processing of cereals and cereal products.**	**20**
6.	**Explain the health benefits of pulses, anti-nutritional factors present in them, and the effect of cooking on pulses.**	**20**
7.	**Explain the classification, nutritive value, pigments, and functional properties of fruits and vegetables.**	**20**
8.	**Explain the classification, importance, active compounds, and functional properties of spices and condiments.**	**20**

SECTION – B

1.	**Explain the composition and processing of milk (including pasteurization and homogenization), and describe various milk products.**	**20**
2.	**Discuss the structure, nutritive value, and biological value of egg proteins, and explain tests for determining egg freshness.**	**20**
3.	**Explain the structure, composition, nutritive value, and quality evaluation of meat, poultry, and fish.**	**20**
4.	**Discuss the classification, functions, and importance of salt, sugar, and jaggery in food preparation and preservation.**	**20**
5.	**Explain the classification, nutritive value, essential fatty acids, and rancidity of nuts, oilseeds, fats, and oils.**	**20**
6.	**Explain the process of digestion and absorption of food, and describe the functions, sources, and deficiency of carbohydrates, proteins, and fats.**	**20**
7.	**Explain the classification, functions, sources, and deficiency symptoms of major vitamins (fat-soluble & water-soluble) and minerals (calcium, iron, sodium) alongside the role of water in the body.**	**20**