

**Certificate Programme in Food and Nutrition**

**CFN-1: You and Your Food  
ASSIGNMENT- 1  
January 2025 and July 2025**



**School of Continuing Education  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi -110068**

# **Certificate Programme in Food and Nutrition (CFN)**

## **ASSIGNMENT-1**

**2025**

Dear Students,

You will have to do three assignments in all. Each Tutor Marked Assignment carries 100 marks. The course-wise distribution of assignments is as follows:

Assignment 1 (TMA) - based on CFN -1

Assignment 2 (TMA) - based on CFN -2

Assignment 3 (TMA) - based on CFN -3

### **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 dispatching 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 has been written clearly.
- Each assignment 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 TMA**

The Tutor Marked Assignments have two parts.

**Section A: Descriptive Questions** (60 marks)

**Section B: Practical Activities** (40 marks)

### **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.

## ASSIGNMENT 1 (TMA-1)

Course Code: CFN-1

Assignment Code: CFN-1/AST-1/TMA-1/25

For January 2025 session last date of Submission: 30<sup>th</sup> May, 2025

For July 2025 session last date of Submission: 30<sup>th</sup> November, 2025

Maximum Marks: 100

Assignment-1 consists of two parts and is of 100 marks. The weightage given to each part is indicated in the brackets.

**A) Descriptive Type Question (60 Marks)**

**B) Practical Exercise (40 Marks)**

**Part A: Descriptive Type Question (60 Marks)**

**All questions are compulsory**

1. a) Enumerate the factors which influence our food acceptance and selection. (3)  
b) List the various functions of food in our body. Briefly describe any one function of food, giving examples. (3)
2. a) Briefly state the functions and food sources of the following nutrients in our body (4)  
i) Vitamin D  
ii) Iron  
b) Enlist the effects of deficiency of the following nutrients in the body: (3)  
i) Carbohydrates  
ii) Fats  
iii) Protein
3. a) How would you classify food into different food groups? Explain the significance of the food groups. Give examples. (2+2)  
b) Present three points you would keep in mind while choosing the right food for your family. (3)
4. a) Comment on the following briefly: (2+2)  
i) Meal patterns in India  
ii) Improvement in nutritional value by combination of certain foods in our diet. (3)  
b) List the various cooking methods. Explain briefly the effect of cooking on foods.

5. a) Briefly describe three steps that you would take to prevent the spread of disease through food. (3)
- b) Write short notes on the following: (2+2+2)
- i) Need for food preservation
  - ii) Two methods of preserving perishable foods
  - iii) Nutritive value of cereals.
6. a) Comment briefly on the following: (3)
- i) Nutritive value of Sugar and Jaggery.
  - ii) Choice of fats and oils for cooking.
  - iii) Uses of Nuts and Oilseeds
- b) 'Fermentation and sprouting improves the nutritional quality of pulses'. Justify this statement. (3)
7. a) Discuss briefly the nutritive value and uses of Eggs in our diet. (3)
- b) What is the importance of vegetables in our daily diet ? Describe how vegetables are classified, giving suitable examples. (2+2)
8. a) Present the nutritional benefits of fruits. (2)
- b) Briefly describe the role of spices and condiments in Indian diet. (3)
9. a) Elaborate on the following ,giving examples: (3)
- i) Milk based beverages.
  - ii) Adulterant found in Turmeric.
  - iii) Constituents of Coffee.
- b) What are Convenience foods? Highlight the advantages and disadvantages of using convenience foods, giving suitable examples. (1+1+1)

**(40 Marks)**

1. Name any two food preparations made in your home on the following occasions?

(10)

Occasions	S No	Name of food prepared	Cooking method(s) used	Nutrients rich in
Birthday of 8 year girl child	1			
	2			
Festival (Holi/Eid/Christmas)	1			
	2			
Family get together (10 members)	1			
	2			

2. Recall what you ate for breakfast, lunch and dinner yesterday. Write the major ingredients used for preparing that food item. Classify them according to the function they perform in the body (by putting a tick). Also suggest how the meal could be made more nutritious (Refer to Unit 2). (10)

Meal	S.No	Name of Dish	Major Ingredients in dish	Functions of the major ingredients in the body			Suggestions to make the meal more nutritious
				Energy Giving	Body Building	Protective / Regulatory	
Breakfast							
Lunch							
Dinner							

3. List the pulses commonly consumed in your region. Give the method of preparation of two pulse recipes from your region. Give the nutritional value of the recipes. Enlist ways to make the pulses more nutritious. (Refer to Unit 14) (10)
4. Conduct a survey in your nearby market and find out five different foods that have been preserved either by sugar, salt, acid or chemical preservatives (Put a tick on the preservatives used in the product).

Write your observations in the Table. ( Refer to Unit 10) (10)

Food Item	Brand name	Preservatives used				Principles of Preservation
		Sugar	Salt	Acid	Chemical preservatives	