

CFN

## **Certificate Programme in Food and Nutrition**

**CFN-1: You and Your Food  
ASSIGNMENT- 1  
January 2026 and July 2026**



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

# Certificate Programme in Food and Nutrition (CFN)

## ASSIGNMENT-1

2026

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-1/26

For January 2026 session last date of Submission: 30<sup>th</sup> May, 2026

For July 2026 session last date of Submission: 30<sup>th</sup> November, 2026

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) Define the terms- Food and Nutrition. (2)  
b) Elaborate the factors which determine food acceptance. (3)
2. a) Briefly state the functions and three important food sources of the following nutrients in our body (6)
  - i) Vitamin A
  - ii) Calciumb) Enlist the effects of deficiency of the following nutrients in the body: (3)
  - i) Vitamin D
  - ii) Iron
  - iii) Protein
3. a) Calculate the energy value of the following foods in kcal: (3)
  - i) Two teaspoon containing 5 gram of sugar in each teaspoon
  - ii) One tablespoon containing 15 gram of Sunflower oil
  - iii) Lemon water containing 150 ml water, 50 ml lemon juice, 15 gram sugar and 1 gram saltb) Explain the importance of fibre in our body. (3)
4. a) Discuss the nutritional adequacy of vegetarian and non-vegetarian diets. (2+2)  
b) Comment briefly on the effect of pre-cooking methods on the quality of food. (4)

5. a) Briefly explain the methods you would adopt for preserving perishable foods. (4)
- b) Describe the effect of dry cooking methods on foods. (3)
6. a) Comment briefly on the following: (3)
- i) Nutritive value of Milk and Milk products.
  - ii) Choice of cooking medium.
  - iii) Types of Sugar and Jaggery.
- b) Role of salt in food preparations. Explain giving examples. (3)
7. a) "Nuts and oilseeds are rich sources of more than one nutrient." Explain giving examples. (3)
- b) Why should we include seasonal fruits and vegetables in our diet ? Explain giving examples. (4)
8. a) Present the nutritive value of cereals. (3)
- b) Briefly describe the preparation and uses of Pulses in Indian diet. (3)
9. a) Elaborate on the following , giving examples: (3)
- i) Carbonated beverages.
  - ii) Ways by which contagion spread.
  - iii) Preparation of Coffee Beverage.
- b) What are Convenience foods? Highlight the points to be kept in mind while buying convenience foods. (1+2)

**PART B (Practical Exercises)**

**(40 Marks)**

**There are four exercises in this part. You must attend all the questions.**

1. In your house/mess/canteen observe the preparation of a) Rajma b) Roti c) Cauliflower potato vegetable. Write the methods used in pre-preparation of food and the cooking methods for each of the three preparations in a tabular form. (10)  
(Refer to Unit 8)

S.No	Food Item	Pre-preparation	Cooking Method
1.	Rajma		
2.	Roti/Chapati		
3.	Cauliflower potato vegetable		

2. Conduct a market survey to find out the perishable, non- perishable and semi-perishable foods available in your region. List them down and suggest two preparations from perishable, non-perishable and semi-perishable foods. Also suggest the causes of Food Spoilage. (Refer to Unit 10) (10)
3. Take 100 gm of any **four** types of whole pulses and record the time taken for sprouting in each of them. Indicate the method and the time taken for sprouting to sprout each of the items. Prepare and mention any two recipes of the sprouts. Comment on Nutritional value of the sprouted pulses. (Refer to Unit 14) (10)
4. Visit a street food vendor in your locality. Observe and record the following practices related to food hygiene. Identify the right and wrong practices and suggest modifications to correct them. (Refer to Unit 9). Present your answer in tabular form. (10)

Name of Food preparation .....	Practices		Suggestions for modifications
	Right	Wrong	
Storage of food			
Storage of water			
Storage of leftovers			
Disposal of food waste			
Hand Washing			