

Certificate Programme in Food and Nutrition

CFN-2: Your Food and Its Utilization ASSIGNMENT- 2 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-2

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 2 (TMA-2)

Course Code: CFN-2

Assignment Code: CFN-2/AST-2/TMA-2/26

For January 2026 session last date of Submission: 30th May, 2026

For July 2026 session last date of Submission: 30th November, 2026

Maximum Marks: 100

Assignment-2 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)

Section A: Descriptive Type Questions (60 Marks)

All questions are compulsory

1. a) What are nutrients? Explain functions of various nutrients. (4)
b) "Water is an indispensable nutrient". Comment on the statement giving appropriate examples. (2)
2. a) What is growth monitoring? How would you monitor growth of children? (3)
b) RDA's are different for different age group and activity level. Explain. Also give energy and protein requirements for children. (3)
3. a) "Breast milk is the best choice for infants". Justify the statement. (3)
b) How can you minimize nutrient losses in food processing? (3)
4. a) Briefly explain any two nutritional deficiencies affecting population groups in India. (3)
b) What is BMR ? Briefly explain factors affecting BMR. (1+2)
5. What special consideration you would keep in mind while planning diet for following: (2+2+2)
a) 6-12 months infant
b) Elderly
c) Adolescent Girl
6. a) What are complementary foods? At what age complimentary foods should be started and what precautions should be taken while giving complimentary foods to an infant? (3)
b) How is infection and malnutrition related? Explain. (3)
7. a) What points you must keep in mind while planning a packed lunch? (3)
b) What is the basis of formation of food habits? (3)
8. a) Elaborate on the nutrition related problems of old age and what measures you would follow to meet the special needs of elderly. (4)
b) How would you justify the food fallacy of Deshi and English egg? (2)
9. a) Briefly explain the importance of anthropometric measures in assessing nutritional status. (3)
b) Define Balance Diet. Also elaborate the basis of development of food guide (1+2)
10. What is digestion? Explain digestion of food in brief with diagram. (1+3+2)

Section B – Practical Exercises**(40 marks)**

1. Plan a day's diet for a lactating mother who has just delivered her child. Also mention different points you would keep in mind while planning the diet for a lactating mother. (10)
2. Plan two dishes for school going child that can be given in a lunch box. Give the ingredients to be used and method of preparation. (10)
3. Record the weight and height of ten 5-year-old children in your locality. Determine their growth status using the growth charts. Comment on their health status. Record your observation in tabulated form. (10)
4. Record a day's diet of your family members (any two) using 24-hour recall and comment on the nutritional adequacies of their diet. (10)