

CFN

Certificate Programme in Food and Nutrition

**CFN-3: ECONOMICS OF FOOD
ASSIGNMENT- 3
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-3

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 3 (TMA-3)

Course Code: CFN-3

Assignment Code: CFN-3/AST-3/TMA-3/26

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-3 consists of two parts. Total marks is 100. The weightage given to each part is indicated in the brackets.

A) Descriptive Type Question

(60Marks)

B) Practical Exercise

(40Marks)

Part A: Descriptive Type Question

(60 Marks)

1. a. What is a food budget ? What points would you keep in mind while planning a food budget for your home ? (1+2)
- b. Hari is a labourer and gets daily wages. Briefly comment on his expenditure on food commodities. (3)
2. a. Classify foods into three main groups based on the most important requirement to produce them. (3)
- b. "Kitchen garden is an important resource in food production." Comment on the statement highlighting the importance and the types of crops you would advocate for kitchen garden. (3)
3. a. Explain the working of public distribution system in our country, highlighting the commodities recognized for sale and its functioning. (3)
- b. What is a food subsidy ? Explain the components of food subsidy. (1+2)
4. a. Briefly discuss the subsidies given to agricultural inputs. (3)
- b. What is the National Agriculture Policy ? Highlight its aims/objectives. (3)
5. a. Explain briefly the following : (1 ½ +1 ½ +1 ½+1 ½)
 - (i) Advantages of rearing poultry
 - (ii) Types of fisheries
 - (iii) Government schemes for marine fisheries
 - (iv) Products of poultry farm
6. a. Explain briefly how Operation Flood has helped farmers in income generation. (3)
- b. What are the initiatives taken by the Government for clean milk production ? (3)
7. a. What are the feeding programmes implemented in India? Describe the objectives, beneficiaries and components of any one programme. (1+2)
- b. Present the nutritional prophylaxis provided to the beneficiaries under the National Anaemia Control Programme. (3)

8. a. Briefly explain the relevance of grading in the context of food safety. (3)
 b. What is the Food Safety and Standards Act, 2006? List any three objectives of Food Safety and Standard Act, 2006. (1+2)
9. a. What is adulteration ? Give any two examples of adulterant present in food. (1+2)
 b. At the home level what simple measures would you adopt to prevent adulteration ? (3)
10. a. What do you understand by Consumer Education? List the benefits of educating the consumers. (1+2)
 b. What are the various schemes operational under Consumer Welfare Fund for consumer awareness? (3)

PART B (Practical Exercises)

(40 Marks)

There are four exercises in this part. You have to attempt all the questions.

1. A hostel student has a limited monthly allowance. (10)
 Prepare a weekly food budget and record your observations in the table given below:(Unit 1)

Day	Meals	Menu	Approx. Cost (₹)	Comments

2. Visit a Ration Shop in your locality and compare the cost and quality of essential items when a household buys essential foods (rice, wheat, sugar, pulses) from PDS vs. open market (Unit 3). Record your observations in the table given below: (10)

Item	PDS Price (₹/kg)	Open Market Price (₹/kg)	Difference	Quality Observed	Remarks

3. Select any one national nutrition programme (such as ICDS, Mid-Day Meal Scheme, PM-POSHAN, PDS). Conduct a brief field observation to record the following, in the format given below (Unit 7): (10)

- Coverage (beneficiaries reached)
- Food items provided
- Nutritional value delivered
- Frequency/regularity of distribution

Parameter Observed	Actual Observation / Data	Remarks
Beneficiary Group		
No. of Beneficiaries Covered		
Food Items Provided		
Frequency of Distribution		
Energy & Protein Supplied		

4. Conduct a market survey. Identify five different packaged food products. Record your observation related to the nutrition label on each packet. Illustrate any one food label (Unit 9). (10)

