

**Certificate Programme in Nutrition and Child Care
CNCC**

Nutrition for the Community (CNCC-1)

ASSIGNMENT 1

January 2025 and July 2025



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

Certificate Programme in Nutrition and Child Care (CNCC)

ASSIGNMENT 1

2025`

Dear Students,

You will have to do only two assignments in this programme. All the assignments are tutor marked. Each Assignment carries 100 marks. The distribution of assignments is as follows:

Assignment 1 (TMA) - based on CNCC-1

Assignment2 (TMA)-based on CNCC-2

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.....	Date
Assignment No... ..	
Study Centre	

- 4) Use only fullscap 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 on each course 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 CNCC-1 ASSIGNMENT

The Assignments have three parts.

Section A: Short Answer Questions (SAQ) (40 marks)

In this section, you have to answer ten short questions). Answer each question in about 100 to 150 words.

Section B: Practical Activities (40 marks)

This section consists of four questions based on the Practical Manual.

Section C: Objective Type Questions (OTQ) (20 marks)

This section contains various types of objective questions.

ALL THREE PARTS OF EACH ASSIGNMENT ARE COMPULSORY.

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:

- Is logical and coherent
- Has clear connections between sentences and paragraphs
- Is written correctly giving adequate consideration to your expression, style and presentation
- 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.

Course: Nutrition for the Community (CNCC-1)
ASSIGNMENT 1 (TMA-1)

Course Code: CNCC-1
Assignment Code: CNCC-1/AST-1/25
For January session last date for submission: 15th May, 2025
For July session last date for submission: 15th November, 2025
Maximum Marks: 100

This assignment is based on Block 1 to 7 of the course CNCC-1

Section A – Descriptive Type Questions

(40 marks)

There are eight short answer questions in this part. Answer all questions.

1. a. Define the terms food, nutrient, nutrition and health.. (2)
b. Explain the role of proteins in the body. (3)
2. a. Explain briefly “Water is essential for life”. (2)
b. Write the functions and sources of Vitamin D in our diet (3)
3. a. Why do we need sodium, potassium and chloride in our diet? Elaborate. (3)
b. Folic acid and vitamin B12 play a significant role in blood formation. Explain briefly. (2)
4. a. State the dietary considerations you will keep in mind while planning meals for a pregnant woman. (2.5)
b. Why is breast milk the best food for an infant ? Explain (2.5)
5. a. What do you understand by the term "Growth Spurt" in the context of adolescent ? Explain briefly. (2.5)
b. Define Food Budget. Enumerate the factors that influence food budget. (2.5)
6. a. Discuss the factors affecting food spoilage. (2)
b. What is food preservation ? Enumerate any two home-based food preservation methods you would adopt for preserving foods, giving examples. (3)
7. Enlist the clinical features and elaborate the preventive measures to combat: (2.5+2.5)
a) Xerophthalmia
b) Anaemia
8. a. Explain the anthropometric method of assessing nutritional status. (3)
b. Present the methods of purchase in a food service Unit. (2)

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

1. Visit an anganwadi centre functioning in an urban slum/village near your home. Fill the details in the table below based on your observations. Put a tick on the services given to each category of beneficiaries. Describe in detail the service provided. (Refer to Unit 24) (10)

Beneficiary	Number of beneficiaries that came to anganwadi	Services given to them				
		Health check up	Immunization	Supplementary Nutrition	Non formal education	Health Education
Children (1-3yrs)						
Children (3-6yrs)						
Pregnant women						
Lactation women						
Adolescent girl						

2. What is a balanced diet? List the steps involved in preparing a balanced diet. Using these steps plan a balanced diet for a school going child belonging to low socio-economic group. (Refer to Units 6 and 10) (10)
3. Record the food intake of a pregnant woman for two days using the following table: Evaluate the meal and comment whether the diet is balance, if not how can it be made balanced. (Refer to Unit 8) (10)

Meal	Menu	Ingredients	Comments
Breakfast			
Lunch			
Evening snacks			
Dinner			

--	--	--	--

4. Visit your nearby market and select the foods given in the table. Look for the physical appearance and state what points you will keep in mind while purchasing these foods. (10)
- Write them in given format. (Refer to Units 12 and 13)

S. No	Name of the food	Observations
Cereals		
Pulses		
Jaggery		
Fruits		
Green leafy vegetables		
Tea leaves		

Section C - Objective Type Questions (OTQ)

(20 marks)

- a. Differentiate between the following sets of terms giving examples. (10)

i.	Available and Non-available carbohydrates	vi.	Essential and Non-essential Fatty Acids
ii.	Hemoglobin and Myoglobin	vii.	Food grade and Food brand
iii.	Enhancer - Inhibitor	viii.	Fats and Oils
iv.	Food infection and Food intoxication	ix.	Kwashiorkor and Marasmus
v.	Retinol and B- carotene	x.	Fibre and Starch

- b. Give one example/dose/nutrition component (as applicable) for each of the following (10)

i.	Total number of oral dose of Vitamin A given by fifth birthday of child
ii.	Nutrition component/value of supplementary food provided to pregnant women
iii.	Weight status of an adult with BMI of 17 kg/m ²
iv.	Risk factors in Diabetes Mellitus
v.	Clinical feature of Scurvy
vi.	Normal value of Blood pressure for a 40 years male
vii.	Components of MDM
viii.	Clinical feature of iodine deficiency in adults
ix.	Name the colours on MUAC tape
x.	Most widely used method of dietary assessment