

CNCC

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

Nutrition for the Community (CNCC-1)

ASSIGNMENTS 1

January 2026 and July 2026



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

**Certificate Programme in Nutrition and Child Care (CNCC)
ASSIGNMENTS 1**

2026

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 ownhandwriting.
- 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.

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

Course Code: CNCC-1
Assignment Code: CNCC-1/AST-1/26
For January session last date for submission: 15th May, 2026
For July session last date for submission: 15th November, 2026
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. What are Protein? Give its functions and digestion in detail. (5)
2. a. Elaborate points to be considered while selection of energy giving foods. (2.5)
b. Elaborate different methods to enhance nutritive value of foods. (2.5)
3. a. What are the different factors which influence iron absorption in our body? Elaborate. (3)
b. Give the role of calcium in our body. (2)
4. Discuss factors affecting food budgeting. (5)
5. Enlist the physiological changes occurring in pregnancy. Explain how they influence the nutrient needs during pregnancy, giving the nutrient requirements. (2+2)
6. What is food preservation? Briefly explain any two home based food preservation methods and their principles. (5)
7. Justify the statement "Immunization plays crucial role in preventing serious childhood diseases". Also give immunization schedule in support of your answer. (2.5+2.5)
8. a. Explain any one anthropometric method and one dietary assessment method to assess nutritional status of an individual and population groups. (2+2)
b. What is a menu? Give its relevance in a food service Unit. (2)

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

1. Prepare any ONE supplementary food for preschool children (2-6 years) and one nutritious snack (10) for lactating mothers. Justify your answer highlighting the following:
 - i) Name of the recipe
 - ii) List of ingredients
 - iii) Method of preparation
 - iv) Nutritional composition
2. Based on the steps involved in planning balanced diet, prepare a diet for an adolescent girl (10) belonging to low socio-economic group. (Refer Unit- 10 for guidance in meal planning)
3. Observe the food handling and food preparation methods used at your home. Enlist any Five (5 + 5) measures adopted to i) Avoid food wastage, and ii) Minimize and prevent nutrient losses while preparing food.
4. Visit nearby local vegetable market and select any 5 leafy and other vegetables typically grown in (10) your area. List out the points to be considered while selecting those vegetables.

Section C - Objective Type Questions (OTQ)**(20 marks)**

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

i. Adulteration and Food Contamination	vi. Essential and Non-essential Amino Acids
ii. Supplementary feeding programmes and Nutrient Deficiency Programmes	vii. Osteomalacia and Rickets
iii. BMI and BMR	viii. Bacteriostatic method and Bactericidal method
iv. Angina pectoris and Myocardial infarction	ix. Growth Chart and Growth Monitoring
v. Food Law and Food Standard	x. Food fortification and Food combination

- b. Give one example/dose/nutrition component (as applicable) for each of the following (10)
 - i. Total number of oral doses of Vitamin A given by fifth birthday of child
 - ii. Nutrition component/value of Mid-day meal provided to children
 - iii. Risk factors of coronary heart diseases
 - iv. Risk factors in Pregnancy
 - v. Clinical feature of PEM
 - vi. Water soluble vitamin
 - vii. Components of ICDS
 - viii. Clinical feature of Goiter
 - ix. Disease caused by Riboflavin deficiency
 - x. Causes of Lathyrism