

DNHE

Diploma Programme in Nutrition and Health Education

**DNHE-1: Nutrition for the Community
ASSIGNMENT -1**

January 2026

and

July 2026



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

Diploma Programme in Nutrition and Health Education (DNHE)

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 DNHE-1

Assignment 2 (TMA) - based on DNHE-2

Assignment 3 (TMA) - based on DNHE-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 have 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)

In this section, you have to answer questions of descriptive type.

Section B: Practical Activities

(40 marks)

You would be required to submit your responses to activities given in Practical Manuals 1, 2 and 3 respectively.

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: DNHE-1

Assignment Code: DNHE-1/AST-1/TMA-1 /26

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

For July 2026 session last date of Submission: 30th December, 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) Application Question (AQ) (40 Marks)

Part A: Descriptive Type Question (60 Marks)

All questions are compulsory

1. a) Discuss the various dimensions of health. (3)
b) Differentiate between available and non-available carbohydrates, giving examples. (3)
2. a) Describe the digestion, absorption and utilization of fats in the body. (3)
b) What are the various water soluble vitamins? Describe the functions of any one of them. (1+2)
3. a) What are the functions of calcium and phosphorus in our body ? (1 ½+1½)
b) How are Recommended Dietary Allowances useful in planning Balanced Diets? (3)
4. a) What are the physiological changes that occur in a woman's body during pregnancy and how do they impact the nutrient needs ? (2+1)
b) List all those nutrients whose RDA changes based on gender in the 10 to 12 years category, giving suitable justifications. (3)
5. What are the various factors to be considered while planning meals for the following: (3+3)
(i) Preschooler
(ii) Elderly person
6. a) What are the steps involved in preparing a short-term food budget ? (3)
b) Throw light on the different types of sweeteners available in the Indian market. (3)
7. a) Discuss what a brand and grade in a food item denote. (1 ½+1½)
b) Elaborate on the different methods of storage of food. (3)
8. a) Enumerate any two common processes used for preserving food at home. (3)
b) List the measures you would adopt to prevent adulteration of food. (3)
9. Briefly explain any three of the following : (2+2+2)
(i) Causative factors of PEM
(ii) Prevention of nutritional anaemia
(iii) Risk factors for Obesity
(iv) Dietary management in diarrhoea
10. a) Enumerate the different methods of diet survey. Explain any one in detail. (3)
b) Discuss the major features of National Iodine Deficiency Disorders Control Programme. (3)

Section B – Application Question (AQ)

(40 marks)

- 1 Design a simple poster/handout (in Hindi or English) summarizing key messages related to common causes of iron deficiency anaemia, dietary sources of iron, and cooking practices that increase iron absorption, hygienic cooking/storage practices for prevention of iron deficiency anaemia.(Unit 5 & 18 of DNHE-1) (10)
2. Arun is a moderately active adult from a low socio-economic background. Prepare a 7-day balanced diet using locally available, affordable foods — applying principles from Unit 7 of DNHE-1. Calculate daily cost (approximate) and suggest substitutions to maintain nutrient adequacy while minimizing cost. Record your observations in the table given below: (10)

Day	Breakfast	Lunch	Dinner	Snacks	Estimated Cost (₹)	Remarks
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

3. Measure the MUAC of 10 children (1–5 years) in a community and assess their nutritional status using colour-coded MUAC standards (Green–Normal, Yellow–Moderate, Red–Severe). (Refer to DNHE 1 Vol 2, Unit 25). Record your observations in the table given below: (10)

S. No.	Age (years)	MUAC Measurement (cm)	MUAC Colour Zone (Green/Yellow/Red)	Nutritional Status (Normal/MAM/SAM)	Any Visible Signs of Malnutrition	Suggested Action
1						
2						
3						
4						
5						

4. Select a commonly used vegetable (e.g., spinach, fenugreek leaves, carrots, beans) and observe the physical changes before and after sun drying. Record changes in colour, texture, weight, and estimate possible nutrient loss (especially vitamin and moisture content)(Unit 15 DNHE-1). Record your observations in the Table given below: (10)

Parameter	Fresh Sample	After Sun Drying (Day 1)	After Sun Drying (Day 2)	After Sun Drying (Day 3)	Remarks
Weight (g)					
Colour					
Texture					
Moisture (Visual Estimate)	High/Moderate/Low				
Aroma					
Estimated Nutrient Loss (Vitamin/Mineral)	—	Low/Moderate/High	Low/Moderate/High	Low/Moderate/High	
Suitability for Storage	Yes/No	Yes/No	Yes/No	Yes/No	