

DNHE

Diploma Programme in Nutrition and Health Education

**DNHE-3: Nutrition and Health Education
ASSIGNMENT -3**

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-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 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- 3 (TMA-3)

Course Code: DNHE-3

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

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

For July 2026 session last date of Submission: 31st March, 2027

Maximum Marks: 100

Assignment 3 consists of two parts. Total marks are 100. 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

- What are the three distinct components of community nutrition? Explain one in detail. (3)
 - What are some specific problems mothers faces during lactation? (3)
- What is epidiascope? How it can be used as a teaching medium? (3)
 - Comment on the efficacy of using traditional approaches as health and nutrition education communication tool. (3)
- Differentiate between analytical and persuasive modern approaches to health and nutrition educational communication. (3)
 - How woman to woman strategy is effective in disseminating nutrition and health education? Explain briefly. (3)
- Expand NHEES Project launched in rural schools. What are its objectives and practices to be followed? (3)
 - Explain briefly any one behaviour-centred group communication methods. (3)
- What do you understand by Printed Media? Enumerate the various printed media available for mass communication. (3)
 - What are the symptoms of tuberculosis? How can it be treated and prevented? (3)
- Briefly describe any three machine operated devices used for communication. (3)
 - What are the specific determinants of food behaviour? Elaborate. (3)
- What are the various levels in organizing a successful nutrition and health programmes. Explain in detail. (6)

8. What are teaching aids? Explain giving examples. List five handy points you would keep in mind while preparing teaching aids. (6)
9. a. What are educational games? Explain with one example. (3)
b. What are the objectives and essential features of ICDS? (3)
10. a. Define communication and explain its importance to the community. (3)
b. Justify the statement “Puppet shows are an effective communication approach”, giving its importance. (3)

Section B – Application Question (AQ)

(40 marks)

1. Prepare flash cards for any one of the following themes given below (refer unit 10 for guidelines for preparation): (10)
- a. Food groups
 - b. Protein Energy Malnutrition
 - c. Complementary feeding
2. Develop two puzzles for school going children on any one of the following themes (refer unit 14): (10)
- a. Good Personal Hygiene
 - b. Safe drinking water
3. a. Prepare a short story related to any of the nutritional deficiency disorder and develop different rod puppets according to your story. (10)
(Attach the story and the puppets in the answer sheet)
- b. Present your story (question no. 3a) to children (either in slum or in a school/ playschool /Anganwadi) and record following observations of the children: (10)
- a. Record their age, sex, educational qualification and other information relevant to your theme.
 - b. What reactions children have?
 - c. What message they received from the story?