

CFN

Certificate Programme in Food and Nutrition

CFN-2: Your Food and Its Utilization ASSIGNMENT- 2 January 2025 and July 2025



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

Certificate Programme in Food and Nutrition (CFN)

ASSIGNMENT-2

2025

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 2 (TMA-2)

Course Code: CFN-2

Assignment Code: CFN-2/AST-2/TMA-2/25

For January 2025 session last date of Submission: 30th May, 2025

For July 2025 session last date of Submission: 30th November, 2025

Maximum Marks: 100

Assignment-2 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) Practical Exercise (40 marks)

Section A: Descriptive Type Questions (60 Marks)

All questions are compulsory

1. a) Briefly describe the physiological function of food in our body, giving appropriate examples. (3)
b) List two functions each of the following nutrients : (1+1+1)
(i) Fats
(ii) Proteins
(iii) Carbohydrates
2. a) Explain how RDA's for energy and protein change with age and activity giving suitable examples. (3)
b) Elaborate on the food groups included in the food guide, highlighting the recommended size of servings of food in each group. (3)
3. a) Name the end products of digestion of carbohydrates, fats and proteins in our body. (3)
b) Give one simple technique you will adopt to measure growth in children. Explain the process. (3)
4. a) Define malnutrition. Briefly explain any two nutritional deficiencies affecting population groups in India. (1+2)
b) What is BMR ? How does BMR along with voluntary activities influence our energy needs ? (1+2)
5. a) Comment on the nutritional needs during pregnancy and highlight why the nutrient requirement increases. (3)
b) Explain why breast milk is the best choice of food for infant. What is the right time to introduce complementary foods in the diet of the infant and why ? (1+2)
6. a) What advice will you give to a mother of a preschool child regarding developing good food habits ? (3)
b) Discuss the relevance of school meals and packed lunches in the context of meeting nutrient needs and ensuring good nutrition for children. (3)
7. a) Discuss how growth affects the nutritional needs of adolescents. Give the recommended nutrient intake for adolescent. (1+2)

- b) How will you fulfil the nutrient needs of adults belonging to different income levels? (3)
8. a) Elaborate on the nutrition related problems of old age and what measures you would follow to meet the special needs of elderly. (3)
- b) Describe the linear measurements used to record growth in children. (3)
9. a) Present the WHO classification based on body mass index (BMI) for categorizing adults into different grades of malnutrition. (3)
- b) What is growth monitoring ? How will you monitor growth of children ? (1+2)
10. a) Enumerate the factors that influence our food acceptance. (3)
- b) What measures would you adopt to be vigilant about the misconceptions/ misrepresentations related to food? Explain with examples (3)

Section B – Practical Exercises

(40 marks)

1. Record your food intake of a normal week day, and complete the following table. (10)
(Refer to Unit 3).

Menu	Amount taken	Food group	No. Of servings
Breakfast			
Mid-morning			
Lunch			
Evening			
Dinner			
Other foods			

eaten between meals			

- Did you include sufficient foods from all the three groups yesterday?
- If not, which group is low in your diet?
- Can you modify it? How?
- How many servings of each food group did you take in the day?

2. Record your weight every week for a month in the format given below and answer the questions that follow (Refer to Unit 7): (10)

Week	1	2	3	4
Date				
Time				
Weight (Kg)				

Are there any significant changes in your weight? Yes/ No. It is increasing/ decreasing/ no change?

- Record weight and height of all your family members including yourself.

S.no	Member	Age (Yeas)	Weight (kg)	Height (cm)	BMI (kg/m ²)

- Is there any member who is overweight?
- Is there any member who is underweight?
- How many are in normal range?

3. Visit any one family in your neighbourhood where they have an infant 6 to 12 months of age. Record the complementary foods given to the infants in the proforma given below and answer the questions thereafter. (Refer to Unit 9) (10)

S.No	Time of the day	Food Given	Amount	Briefly describe whether sugar/ salt etc are added and the amount

- When was complementary foods first introduced to the child?
- Which was the first food to be introduced?
- Evaluate the foods given against the daily food guide. Is the infant getting foods from all the five food groups? If not, suggest some foods that can be included.

4. Suggest five different menus for a school going child. These menus should be low cost and meet the nutritional needs of a school going child. (Refer to Unit 11) (10)

Meal	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Breakfast					
Packed Lunch					
Lunch at Home					
Evening					
Dinner					

- Suggest some dishes from the above menu which can be served in the School canteen.
- What modifications can be made if a school going child wishes to eat junk/ fast food?
- What points should be kept in mind while planning a packed lunch for school?

