

**DNHE**

**Diploma Programme in Nutrition and Health Education**

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

**January 2025  
and  
July 2025**



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

**Diploma Programme in Nutrition and Health Education (DNHE)**

**ASSIGNMENT-3**

**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 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-3/25

For January 2025 session last date of Submission: 30<sup>th</sup> September, 2025

For July 2025 session last date of Submission: 31<sup>st</sup> March, 2026

Maximum Marks: 100

**Assignment 3 consists of two parts. Total marks are 100. The weightage given to each part is indicated in the brackets.**

- |                                     |                   |
|-------------------------------------|-------------------|
| <b>A) Descriptive Type Question</b> | <b>(60 Marks)</b> |
| <b>B) Application Question (AQ)</b> | <b>(40 Marks)</b> |

#### **Part A: Descriptive Type Question (60 Marks)**

**All questions are compulsory**

1. a. How will you identify nutrition and health problems in a community? (3)  
b. What are the three components of community nutrition? Elaborate on any one component briefly. (3)
2. a. What are the four determinants of community health. Explain briefly. (3)  
b. List five important topics that should be covered under the theme 'nutrition during pregnancy'. (3)
3. a. Write three messages you would give to population groups regarding prevention of anaemia among children. (3)  
b. List the steps involved to improve relevance and effectiveness of a message in a community. (3)
4. a. Give the classification of group communication methods with examples. (3)  
b. Briefly discuss the various printed media available for mass communication. (3)
5. a. Enumerate the merits and limitations of using Television in the context of education communication. (3)  
b. List any three teaching aids you will design for use in nutrition and health education. Explain any one briefly. (3)
6. a. Briefly describe any three machine operated devices used for communication. (3)  
b. Why are traditional approaches of nutrition education very effective? Explain giving appropriate examples. (3)
7. a. What is the ballad form of folk approach? Give an example. (3)

- b. Enlist the various modern approaches that can be used in nutrition and health education. Explain any one giving examples. (3)
- 8. a. Differentiate between the structured and unstructured type of dialogue approach. (3)
- b. Describe the principles behind the child – to- child strategy for nutrition education and communication. (3)
- 9. a. Write a short note on “Enhancing community participation” (3)
- b. What are the objectives and essential features of ICDS? (3)
- 10. a. List the steps you would adopt in planning and implementing a nutrition education programme in a community. (3)
- b. List the four process models we can adopt in organizing nutrition and health programme. Explain any one briefly. (3)

**Section B – Application Question (AQ)**

**(40 marks)**

- 1. Prepare a poster for any one of the following theme given below (Refer DNHE-3, Vol-1, Unit-10 for guidelines for preparation): (10)
  - a. Benefits of Breast Feeding
  - b. Prevention of Malaria
  - c. Diabetes Mellitus
- 2. a) Identify any two themes on which you can use Woman-to- woman approach for educating community. ( Refer DNHE-3, Vol- 2, Unit-16) (2+8)
- b) Educate women of your community on any one of the above selected topics and record their views.
- 3. Develop a board game giving instructions to educate school going children on any one of the following theme (Refer DNHE-3, Vol-2, Unit 14): (10)
  - a. Save Earth
  - b. Balanced diet
- 4. Prepare one short ‘lecture’ script related to either PEM and/or Nutritional problems during old age. Attach the scripts in the answer sheet (Refer DNHE-3, Vol-1, Units- 4 and 9) (10)