

**Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**  
**Assignment-2019-2020**  
**Bachelor of Science Human Nutrition (UGHN)**

**Subject : Human Nutrition**  
**Course Title: Community Nutrition**

**Subject Code : UGHN.5.1**  
**Course Code : UGHN.5.1**

<b>Maximum Marks: 30</b>
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**Section – A**

**Maximum Marks: 18**

**Note: Long Answer type Questions. Answer should be given in 800 to 1000 words.**  
**Answer all questions. All questions are compulsory**

**Question 1-** Write in detail about the current policies and programmes of India for promoting and child nutrition and health in our community. 6

**Question 2-** Explain any three nutritional programmes for the community health. 6

**Question 3-** Why is community participation important in the implementation of any nutrition program? Briefly describe the theories of nutrition education. 6

**Section – B**

**Maximum Marks: 12**

**Note: Short Answer type Questions. Answer should be given in 200 to 300 words.**  
**All questions are compulsory**

Question4- Write a short note on current Nutrition Status of women and children in India. 2

Question 5-Write the food based strategies to combat malnutrition. 2

Question 6-.Discuss some strategies to improve urban sanitization. 2

Question 7- Discuss the role of mass media as a channel for nutrition communication. 2

Question 8- Discuss the role of mass media as a channel for nutrition communication. 2

Question 9- How can we find out the maternal and infant mortality rate in community. 2

**Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**  
**Assignment-2019-2020**  
**Bachelor of Science Human Nutrition (UGHN)**

**Subject : Human Nutrition**  
**Course Title: Advance Diet Therapy**

**Subject Code : UGHN.5.2**  
**Course Code : UGHN.5.2**

<b>Maximum Marks: 30</b>
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**Section – A**

**Maximum Marks: 18**

**Note: Long Answer type Questions. Answer should be given in 800 to 1000 words.**  
**Answer all questions. All questions are compulsory**

**Q.No.1** Give the nutritional guidelines you would advocate to develop good eating habits and good health among older school children and adolescents. 6

**Q.No.2** Give the nutritional management goals and dietary recommendation for a patient suffering from hepatic coma. What is gluten free diet? For which disease condition would you advocate this diet? 6

**Q.No. 3** Give the classification and aetiology of diabetes. Discuss the relevance of the food exchange system in the dietary management of diabetes. 6

**Section – B**

**Maximum Marks: 12**

**Note: Short Answer type Questions. Answer should be given in 200 to 300 words.**  
**All questions are compulsory**

**Q.No.4** Enlist the foods you would include and restrict in the diet of patients suffering from Maple Syrup Urine Disease. 2

**Q.No. 5** List the foods you would include and restrict in the diet of patient suffering from chronic kidney disease. 2

**Q.No.6** Give the dietary management of a patient suffering from typhoid. 2

**Q.No.7** Write down the dietary management of a patient suffering from high blood pressure. 2

**Q.No.8** What is ulcerative colitis? Enlist the dietary recommendations for this condition. 2

**Q.No.9** Write down the role of antioxidants in Cancer prevention. 2

**Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**  
**Assignment-2019-2020**  
**Bachelor of Science Human Nutrition (UGHN)**

**Subject : Human Nutrition**  
**Course Title: Advance Catering Management**

**Subject Code : UGHN.5.4**  
**Course Code : UGHN.5.4**

**Maximum Marks: 30**

**Section – A**

**Maximum Marks: 18**

**Note: Long Answer type Questions. Answer should be given in 800 to 1000 words.**  
**Answer all questions. All questions are compulsory**

**Q.No.** What is a cycle menu ? Enlist the characteristics of a good cycle menu. What are the basic factors would you keep in mind while planning a menu for a multi speciality hospital? 6

**Q.No.** Enumerate the different step types of equipments used in a large scale cooking.

Explain with example. Present a schematic representation of purchasing activity in hospital dietetic department. 6

**Q.No.** Discuss the various kinds of cleaning and sanitizing agents you would use to maintain plant cleanliness and sanitation in your food service unit. 6

**Section – B**

**Maximum Marks: 12**

**Note: Short Answer type Questions. Answer should be given in 200 to 300 words.**  
**All questions are compulsory**

**Q.No.** Explain the briefly motion economy in context of design and layout of workplace. 2

**Q.No.** Write short note on the communication is the key of effective leadership. 2

**Q.No.** What are the different types of cooking methods used in quantity cooking? Explain briefly. 2

**Q.No.** List the various records necessary for a catering unit. 2

**Q.No.** Briefly explain the merchandising skills of entrepreneur in the catering venture. 2

**Q.No.** Write down the components of a food service system model. 2

**Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**  
**Assignment-2019-2020**  
**Bachelor of Science Human Nutrition (UGHN)**

**Subject : Human Nutrition**  
**Course Title: Policy Program And Interventions**

**Subject Code : UGHN.5.5**  
**Course Code : UGHN.5.5**

**Maximum Marks: 30**

**Section – A**

**Maximum Marks: 18**

**Note: Long Answer type Questions. Answer should be given in 800 to 1000 words.**  
**Answer all questions. All questions are compulsory**

- Q.No. 1.** Discuss about the main purpose of the nutrition programs. What is nutrition education program and how can it implement in the community? 6
- Q.No. 2.** Discuss about any two nutritional programmes run by government for the well being of community. 6
- Q.No.3.** Describe the role of women in National and community development. Explain the role of education and various national schemes and policies for the empowerment of Women. 6

**Section – B**

**Maximum Marks: 12**

**Note: Short Answer type Questions. Answer should be given in 200 to 300 words.**  
**All questions are compulsory**

- Q.No. 4.** Write about the Situation of women in global, national and in local context. 2
- Q.No. 5.** Explain the nutritional management for healthy lifestyle. 2
- Q.No. 6.** Enlist five government programs run for the welfare of children. 2
- Q.No. 7.** Write about the aim of ICDS programme. 2
- Q.No. 8.** Describe the intervention program. 2
- Q.No. 9.** Briefly explain the immunization chart. 2

**Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**  
**Assignment-2019-2020**  
**Bachelor of Science Human Nutrition (UGHN)**

**Subject : Human Nutrition**

**Subject Code : UGHN.6.1**

**Course Title: Dietetic Techniques and Patient Counseling**

**Course Code : UGHN.6.1**

**Maximum Marks: 30**

**Section – A**

**Maximum Marks: 18**

**Note: Long Answer type Questions. Answer should be given in 800 to 1000 words.**  
**Answer all questions. All questions are compulsory**

**Q.No.** Discuss the role of nutrition and diet counselling in the patient care. As a dietician briefly discuss the plan you would adopt for diagnosis treatment and prevention of adverse food reactions. 6

**Q.No.** What are the skills required by a personal manager employed in a dietetic establishment. Why patient counselling is as important as a treatment? 6

**Q.No.** Discuss the methodology merits and limitations of the 24 hour dietary recall method of a family diet survey. 6

**Section – B**

**Maximum Marks: 12**

**Note: Short Answer type Questions. Answer should be given in 200 to 300 words.**  
**All questions are compulsory**

**Q.No.** Briefly explain the importance of food exchange method for diet management. 2

**Q.No.** Enlist the types of diet prescriptions to meet the therapeutic needs. Give examples. 2

**Q.No.** Provide guidelines for diet counselling prevention and control of gout. 2

**Q.No.** List the various theories relevant to the dietary counseling. 2

**Q.No.** Write down the Glycemic index of foods. 2

**Q.No.** Dietary interventions for a child having lactose intolerance. 2

**Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**  
**Assignment-2019-2020**  
**Bachelor of Science Human Nutrition (UGHN)**

**Subject : Human Nutrition**

**Subject Code : UGHN.6.2**

**Course Title: Identification and Assessment of Childhood Disabilities**

**Course Code : UGHN.6.2**

<b>Maximum Marks: 30</b>
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**Section – A**

**Maximum Marks: 18**

**Note: Long Answer type Questions. Answer should be given in 800 to 1000 words.  
Answer all questions. All questions are compulsory**

**Q.No.** 1. Describe the behavioural problems of early childhood. What are the steps we considered for the short out the behavioural problems of early childhood? 6

**Q.No.** Describe the nutritional needs of the early childhood. Which nutrients are played an important role in growth and development of children under five years? 6

**Q.No.** Describe the difficulties faced by parents of special children? Write the different methods of handling the special children. 6

**Section – B**

**Maximum Marks: 12**

**Note: Short Answer type Questions. Answer should be given in 200 to 300 words.  
All questions are compulsory**

**Q.No.** Enlist five government programs run for the welfare of special children. 2

**Q.No.** Describe the role and importance of play during the developmental stage of children. 2

**Q.No.** Explain the symptoms of disabled children. 2

**Q.No.** Explain the types of disabilities of children. 2

**Q.No.** How can we identify the disable children? 2

**Q.No.** Write the role and importance of NGOs for disabled children. 2

**Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**  
**Assignment-2019-2020**  
**Bachelor of Science Human Nutrition (UGHN)**

**Subject : Human Nutrition**  
**Course Title: Nutrition in Emergencies and Disaster**

**Subject Code : UGHN.6.4**  
**Course Code : UGHN.6.4**

**Maximum Marks: 30**

**Section – A**

**Maximum Marks: 18**

**Note: Long Answer type Questions. Answer should be given in 800 to 1000 words.**  
**Answer all questions. All questions are compulsory**

- Q.No.** Describe the nutrition which you can provide the soldiers during the emergencies. 6
- Q.No.** Describe the food items which are full of nutrients provided during the malnutrition condition. 6
- Q.No.** What is disaster management. Describe all the steps of disaster management? 6

**Section – B**

**Maximum Marks: 12**

**Note: Short Answer type Questions. Answer should be given in 200 to 300 words.**  
**All questions are compulsory**

- Q.No.** Question .4-Explain the high protein and high carbohydrate diet for the soldiers. 2
- Question .5-**Explain about the diets which are provided for the sports person. 2
- Question .6-**Describe the role of packed foods during the emergency period. 2
- Question .7-**Describe some packed foods and their nutritional value. 2
- Question .8-** Write down the importance and role of non-vegetarian during emergency. 2
- Question .9-**Describe some strategies to maintain our body healthy. 2

**Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**  
**Assignment-2019-2020**  
**Bachelor of Science Human Nutrition (UGHN)**

**Subject : Human Nutrition**  
**Course Title: Introduction of Medicinal Plants**

**Subject Code : UGHN.6.5**  
**Course Code : UGHN.6.5**

**Maximum Marks: 30**

**Section – A**

**Maximum Marks: 18**

**Note: Long Answer type Questions. Answer should be given in 800 to 1000 words.**  
**Answer all questions. All questions are compulsory**

- Q.No. 1.** Explain the importance and significance of medicinal plants. 6
- Q.No.2.** Describe the different cultivation methods of major medicinal Plants. 6
- Q.No.3.** Explain the aromatic plants. Describe its product Manufacture and marketing methods. 6

**Section – B**

**Maximum Marks: 12**

**Note: Short Answer type Questions. Answer should be given in 200 to 300 words.**  
**All questions are compulsory**

- Q.No. 4 .**Write the role and importance Tulsi. 2
- Q.No. 5.** Write the role and importance Ashwagandha. 2
- Q.No. 6.** Write the role and importance –Musli. 2
- Q.No.7.** Write the role and importance Neem. 2
- Q.No. 8.** Write the role Importance aromatic plants. 2
- Q.No .9.** Write the role and importance of Alovera. 2



