

**Master of Science in Dietetics and Food Service
Management M.Sc. (DFSM)**

2nd Year Assignment

Assignment 1

July 2026 session

(This assignment relates to Course MFN-004 Advance Nutrition)



**Indira Gandhi National Open University
SCHOOL OF CONTINUING EDUCATION
Maidan Garhi, New Delhi -110 068**

Masters of Science Degree Programme in Dietetics and Food Service Management M.Sc. (DFSM)

ASSIGNMENT 3

Dear Students,

You will have to do sixteen assignments in all to qualify for a M.Sc. (DFSM) degree. For a 2-credit theory course, you will have to do one assignment and for a 4-6 credit theory course, two assignments. All the assignments are tutor marked and each Tutor Marked Assignment carries 100 marks. The course-wise distribution of assignments is as follows:

Assignment 1 (TMA-1): based on MFN-004

Assignment 2 (TMA-2): based on MFN-005

Assignment 3 (TMA-3): based on MFN-007

Assignment 4 (TMA-4): based on MFN-009

INSTRUCTIONS

Before attempting the assignments, please read the following instructions carefully.

- 1) Write your Enrolment Number, Name, Full Address, Signature and Date on the top right-hand corner of the first page of your response sheet.
- 2) Write the Programme Title, Course Code, Title Assignment Code and Name of our Study Centre on the left-hand corner of the first page of your response sheet. Course Code and Assignment Code may be reproduced from the assignment.

The top of the first page of your response sheet should look like this:

Enrolment No.
Name.....
Address
Course Title
Assignment No
Date
Programme Study Centre

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

- 3) Read the assignments carefully and follow the specific instructions, if any, given on the assignment itself about the subject matter or its presentation.

- 4) Go through the Units on which assignments are based. Make some points regarding the question and then rearrange those points in a logical order and draw up a rough outline of your answer. Make sure that the answer is logical and coherent and has clear connections between sentences and paragraphs. The answer should be relevant to the question given in the assignment. Make sure that you have attempted all the main points of the question. Once you are satisfied with your answer, write down the final version neatly and underline the points you wish to emphasize. While solving numerical, use proper format and give working notes wherever necessary.
- 1) Use only full-scale size paper for your response and tie all the pages carefully. Avoid using very thin paper. Allow a 4 cm margin on the left and at least 4 lines in between each answer. This may facilitate the evaluator to write useful comments in the margin at appropriate places.
 - 2) *Write the responses in your own hand.* Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.
 - 3) Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
 - 4) Write each assignment separately. All the assignments should not be written in continuity.
 - 5) Write the question number with each answer.
 - 6) The completed assignment should be sent to the Coordinator of the Study Centre allotted to you. Under any circumstances, do not send the tutor marked response sheets to the Student Registration and Evaluation Division at Head Quarters for evaluation.
 - 7) After submitting the assignment at the Study centre get the acknowledgement from the coordinator on the prescribed assignment remittance-cum-acknowledgement card.
 - 8) In case you have requested for a change of Study Centre, you should submit your Tutor marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
 - 9) If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study centre for correction and transmission of correct score to headquarters.

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 enrollment number, name and address have been written correctly.
- The title of the course and assignment number has been written clearly.
- Each assignment on each course 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 (80 marks)

In this section, you have to answer eight questions (of 10 marks each). Answer each question in about 250- 300 words.

Section B: Objective Type Questions (OTQ) (20 marks)

This section contains various types of objective questions.

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 the same 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) **Presentation:** 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)
Advance Nutrition(MFN-004)

Course Code: MFN-004

Assignment Code: MFN-004/AST-1/TMA-1 /26-27

Last Date of Submission: 28th February, 2027

Maximum Marks: 100

This assignment is based on Units 1 -19 of the MFN-004 Course.

Section A - Descriptive Questions

(80 marks)

There are eight questions in this part. Answer all questions.

- 1 a) Briefly discuss the main determinants of nutrient requirements. (5)
b) Briefly explain the concept of Recommended Dietary Allowances (RDA) and Estimated Average Requirement (EAR) (3)
c) What is the purpose behind setting the dietary guidelines? (2)
- 2 a) What do you understand by Chemical score and biological value of protein? How are these used to know the quality of protein in the diet? (4)
b) Explain the mechanism of regulation of blood glucose concentration. (4)
c) List some important functions of carbohydrates. (2)
- 3 a) Briefly discuss the digestion, absorption and transportation of carbohydrates, proteins and fats. (6)
b) Enumerate the potential health benefits of dietary fiber. (2)
c) Why is LDL referred to as bad cholesterol and HDL as good cholesterol? (2)
- 4 a) Diagrammatically explain the functions of two major fluid compartments of the body. (4)
b) Differentiate between Glycemic Load (GL) and Glycemic Index (GI), giving examples. (2)
c) Explain the following: (2+2)
 i) Bioavailability of Vitamin A
 ii) FOS (Fructooligosaccharide)
- 5 a) Explain the term calcium homeostasis. (4)
b) How tryptophan is converted to niacin? Explain with the help of flow chart. (3)
c) Briefly describe the role of vitamin E and selenium in lipid peroxidation. (3)
- 6 a) What are Probiotics and Prebiotics? Briefly discuss their dietary sources and health effects. (4)
b) Comment briefly on the following: (3+3)
 i) Factors that influence the nutrient needs of an adolescent
 ii) Effect of maternal malnutrition on foetal outcome.
- 7 a) List the different components of energy expenditure. Define BMR and briefly discuss the factors which influence BMR. (4)
b) Write the functions of following: (2+2+2)
 i) Selenium
 ii) Chromium
 iii) Manganese
- 8 a) Briefly discuss the following: (2.5+2.5)
 i) Nutrient needs and dietary management for lactating women
 ii) Dietary modification for the elderly
b) What do you understand by the term calamity and emergency? Briefly discuss the measures to avoid protein energy malnutrition and micronutrient deficiency during emergencies. (5)

Section B - OTQ (Objective Type Questions)**(20 marks)**

1. Briefly explain the following terms giving examples:

(10)

- i) Ketosis
- ii) Ergogenic aids
- iii) Saponins
- iv) Pre-eclampsia
- v) Functional foods
- vi) Essential fatty acids
- vii) Amylase Inhibitors
- viii) PAL
- ix) Basal Metabolic Index
- x) Resistant Starch

2. Supriya is a 42 year old housewife having a mean body weight of 55 kg. Calculate the energy requirement using the factorial estimation of total energy expenditure. (5)

Note: Refer Unit 2, MFN-004 for the necessary calculations.

3. List the ICMR (2020) recommended allowances for energy, protein, vitamin A, iron, calcium for the following: (5)

- i) Lactating mother
- ii) 12 months infant
- iii) 70 years old man
- iv) 18 years old girl
- v) 10 years old boy