

ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD
(Department of Home & Health Sciences)

Course: Sociology of Food and Nutrition (866)
Level: Post Graduate

Semester: Spring, 2013
Credit: 3(2+1)

CONTENT LIST

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3. Theory Assignments One
4. Practical Assignment One
5. Assignment Forms Six
6. Schedule for submitting assignments, practical and tutorial meetings

Note: If any item from the above mentioned content list is missing from your study packet, kindly contact:

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Course: Sociology of Food and Nutrition (866)

Level: M.Sc.

Credit Hours: 3(2+1)

Unit-1: WORLD HUNGER

Unit-2: FOOD, SOCIETY & THE ENVIRONMENT

Unit-3: FUTURE FOOD: THE POLITICS OF FUNCTIONAL FOODS AND HEALTH CLAIMS

Unit-4: SETTING THE MENU: DIETARY GUIDELINES, CORPORATE INTERESTS AND NUTRITION POLICY

Unit-5: FOOD & SOCIAL CLASS DIFFERENCES

Unit-6: FOOD, HUMANS & OTHER ANIMALS

Unit-7: FOOD & NUTRITION IN CULTURALLY DIVERSE SOCIETIES

Unit-8: FOOD AND AGING

Unit-9: THE SOCIAL CONSTRUCTION AND EATING DISORDERS

Recommended Books:

- 1) John Germov, Lauren Williams A Sociology of Food & Nutrition the Social Appetite 2nd edition 2004, Oxford University Press.
- 2) Adel P. Den Hartog, Wija A. Van Staveren, Inge D. Brouwer, Food Habits and Consumption in Developing Countries: Manual for Field Studies.
- 3) Peter Atleins, Ian Bowler, Food in Society; Economy, Culture, Geography

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WARNING

1. **PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT(S) WILL DEBAR THE STUDENT FROM AWARD OF DEGREE/CERTIFICATE, IF FOUND AT ANY STAGE.**
2. **SUBMITTING ASSIGNMENTS BORROWED OR STOLEN FROM OTHER(S) AS ONE'S OWN WILL BE PENALIZED AS DEFINED IN "AIOU PLAGIARISM POLICY".**

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Semester: Spring, 2013
Total Marks: 100
Pass Marks: 40

ASSIGNMENT No. 1
(Units: 1–9)

Note: All question are compulsory. Distribution of marks is given against each question.

- Q.1 Write short notes on the following: (2x10=20)
- a) Historical overview of vegetarians.
 - b) Anorexia Nervosa
- Q.2 What are the real causes of world hunger? Suggest ways and remedies to overcome global hunger. (16)
- Q.3 (a) Define Functional Foods? Discuss their importance in improving health status of the community. (8)
- (b) What current trends exist in development of nutrition standards, dietary guidelines and good guides? (8)
- Q.4 Critically analyze the current trends in development of nutrition standards, dietary guidelines and food guides. (16)
- Q.5 How environmental problems affect the food production? What agricultural technologies are available to deal with these problems? Discuss in detail. (16)
- Q.6 (a) How is the social class related to food habits? Discuss the role of food in making social class differences. (8)
- (b) What is Public Health Nutrition? Discuss the importance of sociological perspective in examining the development of Public Health Nutrition workforce. (8)

Note: To solve all questions you may consult other sources such as latest journals, internet and other books related to the subject for reference.

ASSIGNMENT No. 2

Total Marks: 100

Pass Marks: 40

Note: *This assignment has to be completed under the close supervision of concerned tutor before the commencement of course workshop. Evaluation will be made on the written assignment and presentation by each student in the workshop.*

1. This is a research based assignment. You have to prepare/submit a research report in the workshop prior to the final examination.
2. The workshop component is mandatory for all the students. The schedule for the workshop will be sent by the AIOU, Islamabad.
3. You have to select any one topic of your own choice for preparation of this assignment but make sure that the topic relates to the place/province of your residence. This will help you to conduct survey/observation related to your own community.
4. You are supposed to present and discuss this assignment in the presence of resource person and the course mates in the workshop, therefore transparencies, charts or any other illustrative presentation may be prepared.
5. You have been advised to review the literature according to the selected topic. If you need any guidance you may contact your tutor or the department of Home & Health Sciences AIOU, Islamabad.
6. Minimum number of respondents/subject to be included in the study must not be less than **fifty**.
7. The report should be prepared according to the following format:
 - a) Title/Topic
 - b) Introduction to the topic selected for research
 - c) Objectives of the study
 - d) Literature review both from national and international level
 - e) Methodology (including Research design, population, sample/sampling technique, research tool, collection of data, statistical test)
 - f) Results and Discussion
 - g) Conclusion
 - h) Recommendations
 - i) References
 - j) Appendices, if any
8. Prepare three copies of this assignment, one for yourself, one for tutor and the third for the department of Home and Health Sciences for record and future references.

Note: *To avoid duplication, a student is required to select the topic according to the last digit of his/her roll number. For example, if your roll number is I-342718 then you will select topic # 8 from the list mentioned below (last digit).*

Research Topics:

0. Conduct a survey to find out the association of mother's literacy with malnutrition among preschool children.
1. Compare the food ways/patterns of different Socio Economic Groups on special occasions such as Eids, Birthday, Holidays, etc.
2. Visit food store/super market of your vicinity. Observe the types of functional foods available in this store. Conduct an interview to shopkeepers about the extent of sale of these foods in the community.
3. Assess nutritional status of preschool children from your community with the help of anthropometric measurements. Compare it with the standards to assess the extent of under nutrition.
4. Compare the food habits of adolescents and elderly individuals. Conclude your results in the light of difference if any.
5. Study knowledge, Attitude and Practices (KAP) of college girls in relation to consumption of fresh fruits and vegetables in their diet. Critically analyse the findings.
6. Assess the relationship between anthropometrics and dietary intake among children (5-10 years) of age belonging to middle and upper socio economic status. Compare the differences.
7. Conduct a survey in your community based on myths and beliefs about use of Nutraceuticals in prevention and treatment of common diseases.
8. Find out basic causes of anaemia among expectant mothers living in a rural community and correlate them with their dietary intake in the light of available review of literature.
9. Conduct a survey among college girls to study the dieting behaviour among them. Relate this behaviour with their nutritional status.