

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

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

**Semester: Spring, 2014**  
**Credit: 3(2+1)**

**CONTENT LIST**

1. Course Book (Unit 1–9)
2. Course outline (Unit 1–9)
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:*

**The Mailing Officer**  
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**Allama Iqbal Open University,**  
**Sector H-8, Islamabad**  
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# ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD

(Department of Home and Health Sciences)

## 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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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 Critically analyse the roots of hunger world over. Suggest remedies to overcome this global problem. (20)
- Q. 2 What is meant by Millennium Developmental Goals (MDG)? Discuss the importance of most related MDG's with Health and Nutrition. (10)
- Q. 3 Pakistan is still not self sufficient in food crops despite of being an Agricultural country. Critically analyse the root cause of the problem. (20)
- Q. 4 Enumerate the importance of Dietary Guidelines for a given population. Discuss these guidelines in relation to prevalence of chronic diseases. (20)
- Q. 5 Discuss importance of foods with health claims. Elaborate your answer with supportive case studies. (10)
- Q. 6 a) Discuss the relationship of social class and food habits. How do working class food habits result in health problems? (10)  
b) Family and environment affects youth in terms of eating behaviour. Discuss with examples. (10)

## 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 Regional Services, 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 sources
  - 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, (such as questionnaire, Consent of the subjects etc)
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.

### **Research Topics:**

1. Compare the food habits of adolescents and elderly individuals. Conclude your results in the light of difference if any.
2. Study the Knowledge, Attitude and Practice (KAP) of college girls in relation to consumption of fresh fruits and vegetables in their diet. Critically analyse the findings.
3. Interview a group of elderly population to assess their nutritional and social problems. Suggest ways to overcome these problems.
4. Conduct a survey in your community based on myths and beliefs about use of Nutraceuticals in prevention and treatment of common diseases.
5. Conduct a survey among college girls to study the dieting behaviour among them. Relate this behaviour with their nutritional status.
6. Conduct a survey to find out the association of mother's literacy with malnutrition among preschool children.
7. Compare the eating habits of working class and labour class. Draw the conclusions in the light of dietary guidelines.
8. Describe in detail the food habits regarding consumption of traditional foods of people of your province.
9. 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.
10. Compare the food ways/patterns of different Socio Economic Groups on special occasions such as Eids, Birthdays, Holidays etc.

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**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 2<sup>nd</sup> 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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