

Module 6 Food Resource Management

■ Module code: PHFS06Q



TUTORIAL LETTER 101/2011

Tutorial letter 101: Assignments 1 & 2

READ THIS LETTER CAREFULLY

It contains important information on the assignments

University of South Africa

Programme Household Food Security

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INTRODUCTION

We would once again like to congratulate you on being selected as a student on this prestigious programme!

Hopefully you have already read Tutorial Letter (TUT) 301, which is a general information letter introducing you to the programme and which gives you valuable general information on important aspects of the programme.

Tutorial Letter (TUT) 101 contains important information regarding the Assignment 1 and Assignment 2 for Module 6.

This letter also contains Assignments 1 and 2 for Module 6, so after you have carefully read it, immediately start working on the assignments

1. ASSIGNMENTS: GENERAL INFORMATION

There are two assignments for this module and you will find them at the back of this tutorial letter. Both assignments are **compulsory**. You CANNOT, for example, submit only Assignment 1 and receive 90% and then not submit Assignment 2. The mark for assignment 1 will be only 10% of the final mark. The mark of Assignment 2 will be 20% of the final mark.

You will must have already noted that you have to submit at every facilitated contact schedule and therefore have only 15 days to work on an assignment, so do not delay!

1.1 What are the submission dates for assignments?

The submission dates for all the assignments for Module 6 are given in the table below. You can keep a record of the dates you submit your assignments.

| Assignments | Work covered by the assignment | Assignment due date | Assignment submitted Mark with ✓ |
|--------------------|---------------------------------------|---|---|
| Assignment 01 | Unit 1 of Module 6 TUT 101 | 17 November 2011 | |
| Assignment 02 | Units 2 &3 Module 6 TUT101 | 25 November 2011 | |
| Portfolio | Take Action TUT 103 | 30 November 2011 Before 10 December | |

1.2 Why is it important to submit assignments on time?

One of the reasons why assignments must be submitted on time is given in the block below.

IMPORTANT NOTICE

ALWAYS SUBMIT YOUR ASSIGNMENT TO THE HFS TUTOR

Your assignment must be submitted to the HFS tutor by the date on your schedule at the contact workshop session for it to be marked in time.

PLEASE DO NOT USE THE USUAL UNISA POSTAL ADDRESS OR ASSIGNMENT INSTRUCTIONS

1.3 What happens if assignments are submitted late?

You are aware of the importance of submitting your assignments on time, but are there exceptions to the rule? An extension can be agreed between you and your lecturer/tutor in case of sickness and under exceptional circumstances.

IMPORTANT NOTICE

PLEASE READ

We request your cooperation to conclude the last module 6 assessments with a positive attitude and putting in your energies and time. IF you have past all you modules and R100 per modules you will be attending the certificate ceremony.

1.4 What are general instructions regarding the assignments?

- (1) Use only the cover and envelope provided for doing the assignments (but do not post)
- (2) Each page must be very clearly numbered.
- (3) Answer the questions in the same order as they are given, and make sure that you number them correctly.

- (4) **Do not write in the space reserved for tutorial comments.**
- (5) Specify the module code and assignment number in all enquiries about assignments.

1.5 How should you submit an assignment?

Assignments should be submitted to HFS tutor for marking in a cover sheet and in an envelope. The assignments will then be moderated by lecturers at UNISA.

IMPORTANT NOTICE

This is important for you as the student to submit the assignment to the tutor. No assignment should be posted directly to UNISA address or the HFS Programme Office at UNISA. The assignments will sent by the tutor to the HFS Programme office to be moderated by the lecturer and your mark to be recorded on the UNISA mark system.

The submission of assignments by fax or e-mail is not allowed.

For detailed information and requirements as far as assignments are concerned, you can also consult with the HFS Programme Office. (Refer to your General Tutorial 301 you received with module 1).

ASSIGNMENT 1:

DUE DATE: 17 November 2011

It is advisable to keep a copy of your answers.
For this assignment you need to study **Unit 1** of your Study Guide

QUESTION 1

1. Description of food security in the context of food stability and give an example of each
- 1.1 Food availability (3)
- 1.2 Food accessibility (3)
- 1.3 Food utilization (3)
- 1.4 Food stability (3)
- 1.5 Food stability on a macro level (2)

QUESTION 2

- 2.1 Give a description of household resource management in your own words. (3)
- 2.2 Give a description of food resource management. (3)
- 2.3 Give a definition of a household in your community (3)
- 2.4 Give the structure of the household you living in why are they members (3)

QUESTION 3

- 3.1 Polina complains her husband does not want to assist with the household and food responsibilities. He says he is not women and need to meet with his friends to discuss important things. Polina has heard from the women's group that there are several gendered roles in a household which needs to be negotiated between marriage partners and which are a process where one needs to be sensitive to cultural habits.
- 3.1.1 List the four gendered roles as given and give an example of each. (4)
 - 3.1.2 List two roles men would prefer to take on without objection and give reasons (2)
 - 3.1.3 In your opinion can men do tasks part of the reproductive role usually assigned to women and explain why. (2)

- 3.2 List the four reproductive tasks and benefits thereof for child care practices to improve child nutrition and health if men support their wives in reproductive tasks. (8)

QUESTION 4

- 4.1 Use your household as the example and list the examples of food resources flowing into the household through each stream and a those food resources flowing out with the different streams from the household as given from Figure 1.4 (8)

[50]

TOTAL: 50 MARKS x 2 = 100%

END OF ASSIGNMENT 01

ASSIGNMENT 2: DUE DATE: 25 November 2011

It is advisable to keep a copy of your answers.

Carefully study Units 2 and 3 of the **Study Guide**.

It is of the utmost importance that you get a 'big picture' view (holistic view) of what this module is all about **before** you try to do Assignment 02.

This can only happen when you make a thorough study of the relevant content and summarise each section as you finish with it.

Read the question very carefully to decide exactly what is expected from you. Well thought-out, critical thinking answers are expected of you.

QUESTION 1

1. Give an explanation of the following words or concepts:
 - 1.1 Food system (3)
 - 1.2 Food path (3)
 - 1.3 Food production (3)
 - 1.4 Food distribution (3)
 - 1.6 Food consumption (3)

QUESTION 2

- 2.1 Give a description of indigenous knowledge and an example (4)
- 2.2 The word tradition is also used often, what are the similarities and the differences between indigenous and traditional. (3)
- 2.3 List four examples of postharvest technologies (2)

QUESTION 3

- 3.1 List the mechanisms that causes food spoilage and what method can be used to prevent food losses caused by each mechanism. Example of a table given.

| Mechanism causing food spoilage | Parameters effecting the growth of insects or micro-organisms | Examples food preservation methods and parameters used. |
|---------------------------------|---|---|
| | | |
| | | |
| | | |
| | | |

(15)

Explain the difference between food poisoning and food intoxication. Give an example of two health hazard for each. (6)

QUESTION 4

- 4.1 Traditionally green leaves were blanched and leave to dry on a stone, lately iron sheets are used.
How will you approach women to make them aware that this behaviour destroys the nutrients?
How will you guide them to find another way to do it. (See also behaviour change steps)
What will you role be? (15)

- 4.2 Explain which vitamins can be retained under what circumstances with preservation. (10)

- 4.3 Use the mango chutney recipe in Annexure C and draw a picture recipe such as in Annexure D for illiterate households to preserve mangos which would otherwise get lost. (18)

Question 5

- 5.1 What is a meant by barrier to have access to nutritious food? (2)
- 5.2 Write a story/ case study of a women in your village or community that have started a small with any food processing idea and build it to bring income to the household.(10)

TOTAL: 100 MARKS = 100%

END OF ASSIGNMENT 02