

OE-1.2 Nutrition Education	
NumberofTheoryCredits	Numberoflecturehours/semester
3	52

CourseObjectives	Teaching Learning Process	Learning Outcomes	CourseE valuation
1. To understand the relationship between food health and diseases 2. To enable students to assess the diseases caused by deficiency of Nutrients 3. To promote awareness on safe food practices	1. Lecture 2. Assignment 3. Culinary Lab: Preparing Low Cost Nutritious Food and Demonstration 4. Individual and Group Presentation	1. Able to develop knowledge on basic concepts of Nutrition 2. Able to understand safe food practices 3. Able to practice healthy dietary habits that contribute to healthy lifestyle	A. Summative Assessment: 60 marks B. Formative Assessment: 40 Marks.

Content of Course 4	Hrs
Unit-I Basic knowledge of Nutrition	12
Chapter No.1: Meaning, Concept, Definitions and Importance of study of Nutrition Chapter No.2: Basic Food Groups- Types of Food Groups Chapter No.3 : Functions of Food- Physical, Psychological and Social Chapter No.4: Concept, Types and Causes of Malnutrition Chapter No.5: Guidelines for Planning Balanced Diet	
Unit-II Nutrients and their classification	12
Chapter No 6 : Carbohydrates: Significance, Nutritive value Functions, Sources, Deficiency Chapter No7: Proteins: Significance, Functions, Sources and Deficiency Chapter No 8: Fats and Oils: Significance, Functions sources and Deficiency Chapter No 9 : Mineral Elements Calcium: Significance, Functions, Sources and deficiency Iron: Significance, functions, Sources and Deficiency Iodine: Significance, functions, Sources and Deficiency	
Unit-III Fat soluble and Water soluble Vitamins	12

<p>Chapter No. 10 : Fat soluble Vitamins: Vitamin A- Functions, Sources and Deficiency, Vitamin D- Functions, Sources and Deficiency</p> <p>ChapterNo.11: Vitamin E- Functions, Sources and Deficiency, Vitamin K- Functions, Sources and Deficiency</p> <p>ChapterNo.12: Water Soluble Vitamins: B-Complex Vitamins- Functions, Sources and Deficiency, Vitamin C- Functions, Sources and Deficiency</p>	
Unit-IV Safe Food Practices	16
<p>Chapter No. 13: Methods of Cooking and Preventing Nutrient Losses: Dry, moist, frying and microwave cooking, Advantages, disadvantages and the effect of various methods of cooking on nutrients</p> <p>Chapter No.14: Meal Planning: Characteristics, Advantages of Meal Planning, Factors affecting meal planning.</p> <p>Chapter No. 15:Food Safety and Storage: Concept,classification of food on the basis of Perishability, safe food handling practices</p> <p>ChapterNo.16: Food Adulteration: Types of Adulterants, Common Adulterants used on various eatables, Detection of Food Adulterants, Prevention of Food Adulteration tips to consumer</p> <p>ChapterNo.17:Nutrition Intervention Programme: Aspects of Nutrition Education and Methods of Nutrition Education: Contract Methods, Distance Methods</p>	

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- Rajadhyaksha, Medha S., and SukanyaDatta.(2000) The Secrets of Proteins. New Delhi: National Book Trust.

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Venkataiah, S. (2002) Teaching Food and Nutrition. New Delhi: Anmol Publications Pvt. Ltd.

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Journals:

- Herald of Health. Family Magazine for Vibrant Health, Oriental Watchman Publishing House, Pune
- Health Action. Health Action for all (HAFA), Secunderabad
- Health for the Millions. New Delhi

DIGITALREFERENCES:

Safe food practices <https://www.youtube.com/watch?v=2E18dkbIw0Q&t=5s>

Food adulteration and Prevention of Food Adulteration act<https://www.youtube.com/watch?v=duXdyAeh-Bs&t=3s>

Nutrients and it's classification<https://www.youtube.com/watch?v=zGdCbIqVTMk&t=2s>

Classification of nutrients<https://www.youtube.com/watch?v=ShpGI-Vt-G0>

Pedagogy: Lecture,Assignment,IndividualandGroupDiscussion/Presentation, Cooking Practicals

Formative Assessment: 40		
Assessment Occasion/type	Weightage in Marks	
1. Internal Test (1)	10	Best FOUR to be selected Note: Internal Test is Compulsory
2. Assignment	10	
3. Project Work/Field Visit/Case Study/Survey	10	
4. Video Analysis Book review/newspaper analysis/photo journalism/creating documentary	10	
5. Classroom activities Pick and speak/Group Discussion/Quiz/Role play/Presentation	10	
6. Open Book Test	10	
Total	40	

