ST. JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM

III SEMESTER   **HOME SCIENCE** TIME:2HRS/WEEK

HS-Mi-3551(2) **BASIC NUTRITION** MARKS:50

w.e.f 2024-2025 (23AK Batch) **PRACTICAL** **SYLLABUS**

**Learning Outcomes:**

1. Skills on selection of seasonal foods for planning of nutrient foods
2. Planning sessions for different combinations of foods
3. Critical analysis on sensory evaluation
4. Awareness on government schemes on food system.

**(PRACTICAL)**

1. Menu Planning and preparation of combination foods for different age groups
2. Plan and calculate one recipe mentioning the portion size and nutritive value of each.
3. Study of the nutritive foods supplied by the government through ICDS projects during the current 5 year plan.
4. Preparation and calculation of nutritive values of low-cost weaning foods.

**Reference Books:**

1. Essential of food & Nutrition –Vol. 1 M. Swaminathan, Bappco,Bangalore.

2. Human Nutrition and Dietetics –Davidson S. Passmore

3. Normal and Therapeutic Nutrition- Corinne. H.Robinson & Marilyn Lawler

4. Contemporary Nutrition - Gordon M. Wardlaw, Paul Insel et, al., (2000) Mosby,Chicago.

5. Nutrition- concepts and controversies- Eleanor Whitney –Eighth Edition (2000)

6. Basic principles of Nutrition- Seema Yadav, First edition (1997)

**Co-Circular activities:**

1. Student seminars on different nutrients.
2. Preparation of posters, charts, flashcards etc. related to different nutrients – Functions, RDA dietary sources, nutrient content of foods and deficiency symptoms.
3. Collections of food samples rich in particular vitamins and minerals like calcium, iron etc.
4. Visit to food stores, vegetable and fruit markets to study locally available foods.
5. Study projects to collect the data from people. Eg. Foods avoided or given in specific conditions.
6. Celebration of Important Days (National and International)
7. World’s Breast Feeding Week(August 1st - 7th )
8. Nutrition Week – September 1st - 7th
9. Nutrition Month – September month
10. Hand Washing Day – October 15th
11. World Food Day – October 16th

\*\* \*\* \*\*