

Class: SEC: Healthy and Sustainable Food Choices

Semester: III

Week	Week	Dr. Neeti Pandey (2 class/week)
		Topic Covered
1	Week 1	Introduction
2	Week 2	Understanding Food Portion/serving size
3	Week 3	Understanding Portion Control
4	Week 4	Calculating Nutritive values of one portion using IFCT tables (macronutrients)
5	Week 5	Continuous Assessment 1
6	Week 6	Calculating Nutritive values of one portion using IFCT tables (micronutrients)
7	Week 7	Continuous Assessment 2
8	Week 8	Practical File Submission and Discussion
9	Week 9	Understanding concept of healthy eating with sustainability
10	Week 10	Identifying sustainable foods
11	Week 11	Case study on carbon foot prints of commonly consumed foods

12	Week 12	Understanding needs of sustainable food items
13	Week 13	Mid Semester Break
14	Week 14	Understanding importance of plant based diets for human health and environment
15	Week 15	Continuous Assessment 3
16	Week 16	Practical File Submission and Discussion
17	Week 17	Final Assessment

