

Paper name: **Food Nutrition and health**

Class type: B. Sc. (P) II year, Semester III (Theory)

Unit to be taken	Allocated lectures	Month wise schedule to be followed	Tests/Assignments/Revision/Presentations etc
Unit 1	2	August	Revision
Unit 2	6	August- September	Revision
Unit 3	4	September	Revision,
Unit 4	4	September-October	Revision
Unit 5	2	October	Assignments corrections
Unit 6	9	October-November	Revision
Unit 7	3	November	Revision

Paper name: **Food Nutrition and health**

Class type: B. Sc. (P) II year (Practical)

Practical	Month wise schedule to be followed	Tests/Assignments/ Revision/Presentations etc
1. To detect in adulteration (a) Ghee (b) sugar (c) tea leaves (d) turmeric.	August	Revision
2. Study of nutrition labelling of any 5 popular packaged foods	August	Revision
3. Ascorbic acid estimation in food by titrimetry 4. Estimation of calcium in food by titrimetry	September	Project work
5. Measurement of anthropometric indicators of health (BMI, waist to hip ratio, skin fold test) 6. Using RDA values for planning diets of any three different age groups (Infants, preschool children, school children, adolescents, adults and elderly)	September-October	Revision
7. An exercise base on 24 – hour food recall of students for quantification and analysis of the macronutrients and micronutrients uptake based on the current RDA values (with focus on nutritional status and risk factors) 8. Study and comparison of food pyramids of any 3 popular diet trends with focus on their pros and cons	November	Revision and Project work