

Curriculum plan (Odd Semester 2021-22; Semester III)

Teacher Name: Dr. Mamta Tripathy

Paper name: Food, nutrition and health

Class type: Generic elective (Theory) 1 class per week

Paper shared with: Dr. Kanchan Batra, Dr. Priya Singh, Dr. Aakansha Sharma

<b>Unit to be taken</b>	<b>Allocated lectures</b>	<b>Month wise schedule to be followed</b>	<b>Tests/Assignments/Revision/Presentations etc</b>
Nutritional biochemistry	15	August, September, October 2021	
November 2021			Revision and Test

Name of teacher: Dr. Mamta Tripathy

Paper name: Food, nutrition and health

Class type: Generic elective (Practical, G1)

Paper shared with: Dr. Aakansha Sharma

<b>Practical to be taken</b>	<b>Month/Date of practical</b>	<b>Tests/Assignments/ Revision/Presentations etc</b>
To detect adulteration in a) Ghee b) Sugars c) Tea leaves and d) Turmeric	August 19 <sup>th</sup> , 2021	
Estimation of Lactose in milk and diagnosis of lactose intolerance by measuring hydrogen gas during expiration.	August 26 <sup>th</sup> , 2021	
Ascorbic acid estimation in food by titrimetry	September 2 <sup>nd</sup> , 2021	
Estimation of Calcium in foods by titrimetry	September 9 <sup>th</sup> , 2021	
Study of the stored grain pests from slides/photographs (Sitophilus oryzae, Trogoderma granarium, Callosobruchus chinensis and Tribolium castaneum): their identification, habitat and food sources, damage caused and control. Preparation of temporary mounts of the above stored grain pests.	September 16 <sup>th</sup> and 23 <sup>rd</sup> , 2021	
	September 30 <sup>th</sup> , 2021	Revision
Visit to food testing lab /or any agency of food standards	As per guidelines during pandemic	
Project work	Will be given at beginning of semester	
Undertake computer aided diet analysis and nutrition counselling for different age groups.	October 7 <sup>th</sup> , 2021	
Identify nutrient rich sources of foods (fruits and vegetables), their seasonal availability and price.	October 14 <sup>th</sup> , 2021	
Study of nutrition labelling on selected foods	October 21 <sup>st</sup> , 2021	
	October 28 <sup>th</sup> and November 4 <sup>th</sup> , 2021	Revision

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