

Name of the Teacher: Vandita Sharma

Class and Section - B. A . V Semester.

Subject- Foods and Nutrition

Week	Month	Topics
1	August	Discussion of syllabus and scheme of examination
		Introduction to Food and Nutrition
		Introduction to Food and Nutrition
		Carbohydrate
		Carbohydrate
2	August and September	Carbohydrate
		Carbohydrate
		Protein
		Protein
		Protein
3	September	Protein
		Fat
		Vitamin A, D
		Vitamins E, K
		B- Complex Vitamins
		B- Complex Vitamins
4	September	Minerals
		Minerals
		Minerals
		Minerals
		Minerals

		Minerals
5	September	Introduction to new chapter- Methods of Enhancing nutritive Value of Food
		Methods of Enhancing nutritive Value of Food
		Supplementation and Fortification
		Submission of Assignment and Revision
		Introduction to new chapter – Principles and Methods of Cooking
		Advantages of Cooking Food
6	September and October	Principles of Cooking Food
		Different Methods of Cooking Food
		Cooking By Moist Heat
		Cooking By Frying, Moist Heat
		Cooking By Radiation, Solar Cooking, Microwave Cooking
		Effect of Cooking on Different Nutrients
7	October	Submission of Assignment and Revision
		Introduction to new chapter Water
		Role of Water in the Body
		Revision
		Role of Dietary Fibre in Human Nutrition
		Role of Dietary Fibre in Human Nutrition
8	October	Submission of Assignment and Revision
		Introduction to new chapter - Meal Planning
		Factors Affecting Meal Planning
		Principles of Meal Planning
		Concept of Balanced Diet
		Submission of Assignment
9	October	Introduction to Principles of meal planning for different age groups

		Principles of Meal Planning for Preschool School Going Children
		Principles of Meal Planning for Preschool School Going Children
		Principles of Meal Planning for School Going Children
		Principles of Meal Planning for School Going Children
		Submission of Assignment and Revision

Week	Month	Topics
10	October and November	Principles of Meal Planning for Adolescents
		Principles of Meal Planning for Adolescents
		Principles of Meal Planning for Adults
		Principles of Meal Planning for Adults
		Principles of Meal Planning for Pregnant Women
		Principles of Meal Planning for Pregnant Women
11	November	Principles of Meal Planning for Pregnant Women
		Principles of Meal Planning for Lactating Mother
		Principles of Meal Planning for Lactating Mother
		Introduction to Therapeutic Nutrition
		Different types of therapeutic diets
		Therapeutic adaptation of different diets

Week	Month	Topics
12	November	Introduction to new chapter – Planning of diet in different conditions
		Planning of diet in Typhoid

		Planning of diet in Typhoid
		Planning of diet in Diabetes Mellitus
		Planning of diet in Diabetes Mellitus
		Planning of diet in High Blood Pressure
13	November	Planning of diet in High Blood Pressure
		Planning of diet in Diarrhoea
		Planning of diet in Constipation
		Revision
		Revision
		Submission of Assignment
14	November	Introduction to new Chapter Food Preservation
		Importance of Food Preservation
		Principles of Food Preservation
		Methods of Food Preservation
		Revision
		Revision
15	November	Revision