#### TEACHER'S LESSON PLAN FOR YEAR 2016-17

Teacher's name	Department	Course	Subjects
Prof Poonam			- Fundamentals of
Lakra and Ms			Nutrition and Food
Poornima	Home Science (Nutrition and Health Education)	BA(Prog)	Science

Nutrition and		- 6 11 - 14 -	No. of Lectures
ood Science	Sub Topics of	sub topics	
		sub topics	
Unit 1-Basic	Basic terms used in study of food and nutrition	a)Understanding relationship between food,	
concepts in food		nutrition and health	
and nutrition		b) Functions of food-Physiological, psychological	
		and social	
	]		
	Functions, dietary sources and clinical manifestations		
	of deficiency/ excess of the following nutrients:		
		a)Carbohydrates, lipids and proteins	:
Unit II- Nutrients		b)Fat soluble vitamins-A, D, E and K	(
		c)Water soluble vitamins – thiamin, riboflavin,	
		niacin, pyridoxine, folate, vitamin B12 and	
		vitamin C	:
		d)Minerals – calcium, iron and iodine	:
	Selection, nutritional contribution and changes during		
	cooking of the following food		
	groups:	a)Cereals	!
Unit III-Food		b)Pulses	
Groups		c)Fruits and vegetables	
Groups		d)Milk & milk products	
		e)Eggs	:
		f)Meat, poultry and fish	:
		g)Fats and Oils	
		a) Dry, moist, frying and microwave cooking	
Unit IV Methods		a) Dry, moist, mying and microwave cooking	
of Cooking and		b) Advantages, disadvantages and the effect	
Preventing		of various methods of cooking on nutrients	:
Nutrient Losses		c)Minimizing nutrient losses	2
		total Lectures	6

Teacher's name	Department	Course	Subject
Prof Poonam			
Lakra and Ms			Nutrition for the
Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	family
Nurtition for the			
family	Sub Top	ics of Units	No. of Lectures
		sub topics	
UNITS		a) Food groups and concept of balanced	
		diet	
Unit 1-Basic	-	b)Food exchange list	
concepts meal		c)Concept of Dietary Reference Intakes	
planning		d)Factors effecting meal planning and food	
1 8		e)Dietary guidelines for Indians and food	

Physiological changes, RDA, nutritional guidelines, nutritional concerns and		
healthy food choices	a)Adult b)Pregnant woman c)Lactating mother	7 6 7
Growth and development, growth reference/ standards, RDA,	d)Elderly	4
nutritional guidelines, nutritional concerns and healthy food choices	a)Infants b)Preschool children	5
	c)School children d)Adolescents Total lectures	5 6 53
Department	Course	Subject
Home Science (Nutrition and Health Education)	BA(Prog)	Introduction to Food Safety
Sub Topic		No. of Lectures
	sub topics	
1	a) Definition of DUN	
	)	2
	a.Concept of food safety ,Key terms, factors	4
	b.Food safety measures: basic concept of	5
	c. Safe food handling practices and storing food safely	4
	d. Food additives	4
	a.PFA definition of food adulteration b.Adulterants in commonly consumed food	3
	items c.Accidental contamination: botulism,	3
	staphylococcal and aflatoxin intoxication e.Food laws, regulations and standards	4
	- Codex Alimentarius - Prevention of Food Adulteration (PFA) Act	
	- Fruit Products Order (FPO)	
	- Bureau of Indian Standards (BIS)	
	- MMPO - FSSAI	20
	nutritional concerns and healthy food choices Growth and development, growth reference/ standards, RDA, nutritional guidelines, nutritional concerns and healthy food choices <b>Department</b> Home Science (Nutrition and Health Education)	nutritional concerns and healthy food choices a)Adult b)Pregnant woman c)Lactating mother d)Elderly Growth and development, growth reference/ standards, RDA, nutritional guidelines, nutritional concerns and healthy food choices b)Preschool children c)School children d)Adolescents Total lectures Department Course Home Science (Nutrition and Health Education) BA(Prog) Sub Topics of Units a). Definition of PHN b)Levels of health care services a.Concept of food safety, recent concerns b.Food safety measures: basic concept of HACCP c. Safe food handling practices and storing food safety d. Food adulteration b.Adulterants in commonly consumed food items c.Accidental contamination: botulism, staphylococcal and aflatoxin intoxication e.Food laid standards - Codex Alimentarius - Prevention of Food Adulteration (PFA) Act - Agmark - Fruit Products Order (MPO) - Meat Products Order (MPO) - Meat Products Order (MPO) - Meat Products Order (MPO)

Total Lectures

Teacher's name Department Course Subject Prof Poonam Public Health Nutrition Lakra Home Science (Nutrition and Health Education) BA(Prog) Public Health Nutrition Sub Topics of Units No. of Lectures sub topics UNITS Causes, symptoms, treatment, prevention of the following: UNIT I

Introduction to Nutritional a.Protein Energy Malnutrition (PEM)4b.Vitamin A Deficiency (VAD)4c.Iron Deficiency Anaemia (IDA)4

45

deficiency	d. Iodine Deficiency Disorders (IDD)	3
diseases	e.Zinc Deficiency	3
	f.Flurosis	3
UNIT II	a.Smoking	2
Social health	b.Alcoholism	2
problems	c.Drug addiction	2
	d.AIDS including AIDS Control Programme	3
UNIT	and sport	3
III Nutrition for	needs	3
special	c.Considerations during natural and man-made	5
•	(a) Key terms, factors affecting food security,	
Unit IV	recent concern	5
Food Security		
	(b) Technologies for food and nutrition security	4
	Total Lectures	50

Teacher's name	Department	Course	Subject
Ms Poornima	Home Science (Nutrition and Health Education)	BA(Prog)	Public Nutrition
Public Nutrition	Sub Topi	cs of Units	
UNITS		sub topics	No. of Lectures
UNIT I	]	a.Definition and multidisciplinary nature of	
Concept and		public nutrition	1
scope of public		b.Concept and scope	2
nutrition		c.Role of public nutritionist	2
	(a) Etiology, prevalence, clinical features and		
	preventive strategies of-	- Undernutrition –	
		- Protein energy malnutrition, nutritional	
UNIT II		anaemias, vitamin A deficiency, iodine	
Nutritional		deficiency disorders	
problems, their		- Overnutrition – obesity, coronary heart	
implications and		disease, diabetes	12
related nutrition	(b) National Nutrition Policy and Programmes -	Integrated Child Development Services	
programmes	Integrated Child Development Services	(ICDS) Scheme, Mid day Meal Programme	
		(MDMP), National programmes for	
		prevention of Anaemia, Vitamin A deficiency,	
		lodine Deficiency Disorders.	14
	Objectives and importance		3
UNIT III	, ,	a Direct – clinical signs, nutritional	
Assessment of		anthropometry, biochemical tests, biophysical	
nutritional status		tests	
	Methods of assessment	<ul> <li>b. Indirect – Diet surveys, vital statistics</li> </ul>	14
UNIT IV		Objectives, principles and scope of nutrition and	
Nutrition		health education and promotion	4
Education		Behaviour Change Communication	4
		Total Lectures	56

Teacher's name	Department	Course	Subject
Ms Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Therapeutic Nutrition
Therapeutic		•	
Nutrition	Sub Topics	of Units	No. of Lectures
		sub topics	
UNITS			

a.Nutrition Care Process

b. Therapeutic adaptations of the normal diet

2

		c.Progressive diets – clear fluid, full fluid, soft	
		and regular	2
Unit II			
Etiology, clinical			
features and		a.Typhoid	4
nutritional		b.Tuberculosis	4
management of		HIV	3
Unit III	a) GI Tract Disorders:		
Etiology, clinical			3
features and		Constipation	2
nutritional		Lactose intolerance	2
management		Celiac disease.	3
	b) Liver	Infective Hepatitis	4
Unit IV			
Etiology, clinical	a.Weight Imbalances-	Overweight and obesity; Underweight	6
features and Unit V	b.Eating disorder-	anorexia nervosa and bulimia	2
Etiology, clinical	a. Type 1 and Type 2 Diabetes Mellitus		
features, basic			4
diagnosis and	b.Metabolic Syndrome		2
nutritional	c.Hypertension and Coronary Heart Disease		6
Unit VI			
Etiology, clinical	a. Food allergy		
features,			2
	b.Food intolerance		2
		Total lectures	57

# TEACHER'S LESSON PLAN FOR YEAR 2017-18 and 2018-19

Teacher's name	Department	Course	Subjects
Prof Poonam			<ul> <li>Fundamentals of</li> </ul>
Lakra and Ms			Nutrition and Food
Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Science

Nutrition and Food Science	Sub Topics	of Units	No. of Lectures
		sub topics	
Unit 1-Basic	Basic terms used in study of food and nutrition	a)Understanding relationship between food,	
concepts in food		nutrition and health	
and nutrition		b) Functions of food-Physiological, psychological	
		and social	
	Functions, dietary sources and clinical manifestations		
	of deficiency/ excess of the following nutrients:		
		a)Carbohydrates, lipids and proteins	
Unit II- Nutrients		b)Fat soluble vitamins-A, D, E and K	
		c)Water soluble vitamins – thiamin, riboflavin,	
		niacin, pyridoxine, folate, vitamin B12 and	
		vitamin C	
		d)Minerals – calcium, iron and iodine	
	Selection, nutritional contribution and changes during		
	cooking of the following food		
	groups:	a)Cereals	
Unit III-Food		b)Pulses	
Groups		c)Fruits and vegetables	

	d)Milk & milk products	4
	e)Eggs	3
	f)Meat, poultry and fish	3
	g)Fats and Oils	4
Unit IV Methods	a) Dry, moist, frying and microwave cooking	4
of Cooking and Preventing	b) Advantages, disadvantages and the effect	1
Nutrient Losses	of various methods of cooking on nutrients	1
	c)Minimizing nutrient losses	2
	total Lectures	61

Teacher's name	Department	Course	Subject
Prof Poonam			
Lakra and Ms			Nutrition for the
Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	family
Nurtition for the			
family	Sub Topic	s of Units	No. of Lectures
		sub topics	
UNITS		a) Food groups and concept of balanced	
		diet	3
Unit 1-Basic	-	b)Food exchange list	2
concepts meal		c)Concept of Dietary Reference Intakes	2
planning		d)Factors effecting meal planning and food	
1 8		related behavior.	2
		e)Dietary guidelines for Indians and food	
		pyramid	3
Unit II -Nutrition	Physiological changes, RDA, nutritional guidelines,		
during the adult	nutritional concerns and		
years	healthy food choices	a)Adult	7
		b)Pregnant woman	6
		c)Lactating mother	7
		d)Elderly	4
UNIT III	Growth and development, growth reference/		
Nutrition during	standards, RDA,		
childhood	nutritional guidelines, nutritional concerns and		
	healthy food choices	a)Infants	5
		b)Preschool children	4
		c)School children	5
		d)Adolescents	6
		Total lectures	53

Teacher's name	Department	Course	Subject
Prof Poonam			Introduction to Food
Lakra	Home Science (Nutrition and Health Education)	BA(Prog)	Safety
Introduction to		•	
Food Safety	Sub Topi	cs of Units	No. of Lectures
		sub topics	
UNITS			•
UNIT 1	-	a). Definition of PHN	2
Introduction to		b)Levels of health care services	4
		a.Concept of food safety ,Key terms, factors	
		affecting food safety, recent concerns	4
UNIT II		b.Food safety measures: basic concept of	
Food Safety and		НАССР	5
Storage		c. Safe food handling practices and storing	
Ū.		food safely	4
		d. Food additives	4

d. Food additives 3 a.PFA definition of food adulteration

b.Adulterants in commonly consumed food	
items	3
c.Accidental contamination: botulism,	
staphylococcal and aflatoxin intoxication	4
e.Food laws, regulations and standards	
- Codex Alimentarius	
- Prevention of Food Adulteration (PFA) Act	
- Agmark	
- Fruit Products Order (FPO)	
- Meat Products Order (MPO)	
- Bureau of Indian Standards (BIS)	
- MMPO	
- FSSAI	20
Total Lectures	45

Teacher's name	Department	Course	Subject
Prof Poonam			Public Health
Lakra	Home Science (Nutrition and Health Education)	BA(Prog)	Nutrition
Public Health			
Nutrition	Sub Topics	of Units	No. of Lectures
UNITS		sub topics	
	」 Causes, symptoms, treatment, prevention of the		
UNIT I	following:	a.Protein Energy Malnutrition (PEM)	4
Introduction to		b.Vitamin A Deficiency (VAD)	4
Nutritional		c.Iron Deficiency Anaemia (IDA)	4
deficiency		d. lodine Deficiency Disorders (IDD)	3
diseases		e.Zinc Deficiency	3
		f.Flurosis	3
UNIT II		a.Smoking	2
Social health		b.Alcoholism	2
problems		c.Drug addiction	2
problems		d.AIDS including AIDS Control Programme	3
		a. Introduction to Nutrition for physical fitness	
UNIT		and sport	3
III Nutrition for		b.Feeding problems in children with special	
special		needs	3
conditions		c.Considerations during natural and man-made	
conditions		disasters e.g. floods, war basic guidelines in	
		disaster management.	5
		(a) Key terms, factors affecting food security,	
Unit IV		recent concern	5
Food Security			
		(b) Technologies for food and nutrition security	4
		Total Lectures	50

Teacher's name	Department	Course	Subject
Ms Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Public Nutrition
Public Nutrition	Sub Topics	of Units	No. of Lookumo
		sub topics	No. of Lectures
UNITS			
UNIT I	-	a.Definition and multidisciplinary nature of	
Concept and		public nutrition	1
scope of public		b.Concept and scope	2
nutrition		c.Role of public nutritionist	2

UNIT III Food Adulteration

	(a) Etiology, prevalence, clinical features and		
	preventive strategies of-	- Undernutrition –	
		- Protein energy malnutrition, nutritional	
UNIT II		anaemias, vitamin A deficiency, iodine	
Nutritional		deficiency disorders	
problems, their		<ul> <li>Overnutrition – obesity, coronary heart</li> </ul>	
implications and		disease, diabetes	12
related nutrition	(b) National Nutrition Policy and Programmes -	Integrated Child Development Services	
programmes	Integrated Child Development Services	(ICDS) Scheme, Mid day Meal Programme	
		(MDMP), National programmes for	
		prevention of Anaemia, Vitamin A deficiency,	
		Iodine Deficiency Disorders.	14
	Objectives and importance		3
UNIT III		a Direct – clinical signs, nutritional	
Assessment of		anthropometry, biochemical tests, biophysical	
nutritional status		tests	
	Methods of assessment	<ul> <li>b. Indirect – Diet surveys, vital statistics</li> </ul>	14
UNIT IV		Objectives, principles and scope of nutrition and	
Nutrition		health education and promotion	4
Education		Behaviour Change Communication	4
		Total Lectures	56

Teacher's name	Department	Course	Subject
Ms Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Therapeutic Nutrition
Therapeutic			
Nutrition	Sub Topic	cs of Units	No. of Lectures
UNITS		sub topics	
	1	a.Nutrition Care Process	4
Unit I			
Principles of		b.Therapeutic adaptations of the normal diet	2
nutrition care		c.Progressive diets – clear fluid, full fluid, soft	
		and regular	2
Unit II		a.Typhoid	4
Etiology, clinical		b.Tuberculosis	4
features and		HIV	3
	a) GI Tract Disorders:	Diarrhoea	
Unit III			
Etiology, clinical			3
features and		Constipation	2
nutritional		Lactose intolerance	2
management		Celiac disease.	3
	b) Liver	Infective Hepatitis	4
Unit IV	a.Weight Imbalances-	Overweight and obesity; Underweight	6
Etiology, clinical	b.Eating disorder-	anorexia nervosa and bulimia	2
Unit V	a. Type 1 and Type 2 Diabetes Mellitus		4
Etiology, clinical	b.Metabolic Syndrome		2
features, basic Unit VI	c.Hypertension and Coronary Heart Disease		6
Etiology, clinical	a. Food allergy		_
features,			2
diagnosis and	b.Food intolerance	Total lectures	2

## **TEACHER'S LESSON PLAN FOR YEAR 2019-20**

Teacher's name	Department	Course	Subjects
Prof Poonam			
Lakra and	Home Science		Fundamentals of
Ms Shashi	(Nutrition and		Nutrition and Food
Prabha	Health Education)	BA(Prog)	Science
UNITS	Sub Topics of Units	sub topics	No. of Lectures
	1	a)Basic terms used in study of food and nutrition	
	Basic concepts in	b)Understanding relationship between food, nutrition and	_
Unit 1	food and nutrition	health	6
		c) Functions of food-Physiological, psychological and social	
		Functions, dietary sources and clinical manifestations of	
		deficiency/ excess of the	
		following nutrients:	
		a)Carbohydrates, lipids and proteins	
Unit II	Nutrients	b)Fat soluble vitamins-A, D, E and K	27
		c)Water soluble vitamins – thiamin, riboflavin, niacin,	_,
		pyridoxine, folate, vitamin B12 and vitamin C"	
		"d)Minerals – calcium, iron, iodine, zinc, sodium and	
		potassium"	
		Advantage of cooking food	
		Principles of cooking	
Unit III	Cullinary Sciences	Pre-preparation steps in cooking- an overview	27
		Others, Microwave cooking, solar cooking	
		TEACHER'S LESSON PLAN FOR YEAR 2019-20	
Teacher's name	Department	Course	Subjects
Prof Poonam			
Lakra and	Home Science		
Ms Shashi	(Nutrition and		Nutrition for the
Prabha	Health Education)	BA(Prog)	Family 60
			00
UNITS	Sub Topics of Units	sub topics	No. of Lectures
UNITS	Sub Topics of Units	Introduction to food groups and concept of balanced diets	
	Sub Topics of Units Basic Concepts of	Introduction to food groups and concept of balanced diets Food Exchange list	No. of Lectures
UNITS Unit- I		Introduction to food groups and concept of balanced diets Food Exchange list Concept of Dietary Reference Intakes	
	Basic Concepts of	Introduction to food groups and concept of balanced diets Food Exchange list Concept of Dietary Reference Intakes Factors affecting meal planning and food related behavior	No. of Lectures
	Basic Concepts of	Introduction to food groups and concept of balanced diets Food Exchange list Concept of Dietary Reference Intakes	No. of Lectures
	Basic Concepts of	Introduction to food groups and concept of balanced diets Food Exchange list Concept of Dietary Reference Intakes Factors affecting meal planning and food related behavior Dietary guidelines for Indians and food pyramid Physiological changes, RDA, nutritional guidelines, nutritional	No. of Lectures
Unit- I	Basic Concepts of Meal Planning	Introduction to food groups and concept of balanced diets Food Exchange list Concept of Dietary Reference Intakes Factors affecting meal planning and food related behavior Dietary guidelines for Indians and food pyramid Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices for:	No. of Lectures
	Basic Concepts of Meal Planning Nutrition during adult	Introduction to food groups and concept of balanced diets Food Exchange list Concept of Dietary Reference Intakes Factors affecting meal planning and food related behavior Dietary guidelines for Indians and food pyramid Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices for: Adult man and woman	No. of Lectures
Unit- I	Basic Concepts of Meal Planning	Introduction to food groups and concept of balanced diets Food Exchange list Concept of Dietary Reference Intakes Factors affecting meal planning and food related behavior Dietary guidelines for Indians and food pyramid Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices for:	No. of Lectures

Unit-III	Nutrition during childhood	Growth and development, growth reference/ standards RDA, nutritional guidelines nutritional concerns and healthy food choices for: Infants Preschool children School going children Adolescents	20
		TEACHER'S LESSON PLAN FOR YEAR 2019-20	
Teacher's name	Department	Course	Subjects
Prof Poonam			
Lakra and	Home Science		
Ms Shashi	(Nutrition and		Introduction to food
Prabha	Health Education)	BA(Prog)	safety
	Sub Topics of Units	sub topics	
UNITS	Sub Topics of Offics	Nutritional contribution, selection and storage of the	No. of Lectures
Unit- I	Foods	following Cereals and cereal products Pulses Oil and Fats Sugars Vegetables and fruits Milk and milk products Eggs and flesh foods	10
Unit- II	Food safety	Concept, importance and challenges to food safety, factors affecting food safety Contamination of food and safe food handling practices; street food safety Food safety measures: basic concept of HACCP Food regulations -Codex Alimentarius -Food safety and Standards (FSS) Act: Features and Regulations Definition and benefits of food additives Types of Additives Preservatives Antioxidants Sweetners Food Colour Flavouring agents Emulsifying and stablizing agents	35
Unit-III	Adulteration and contamination	Definition of food adulteration Adulterants in commonly consumed food items and their ill effects Food and water borne illnesses- bacterial, viral and fungal- and their prevention	15
		TEACHER'S LESSON PLAN FOR YEAR 2019-20	
Teacher's name	Department	Course	Subjects
Prof Poonam Lakra and Ms Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Public Health Nutrition

UNITS	Sub Topics of Units	sub topics	No. of Lectures
	Introduction to public	Definition of Public Health Nutrition	
Unit- I	Health	Levels of Health care services	14
	Nutrition		
		Causes, symptoms, treatment, prevention of the following:	
		Protein Energy Malnutrition (PEM)	
		Vitamin A Deficiency (VAD)	
	Nutrition Deficiency	Iron Deficiency Anaemia (IDA)	
Unit- II	Diseases	Iodine Deficiency Disorders (IDD)	15
	Diseases	Zinc Deficiency	
		Vitamin D Deficiency	
		Fluorosis	
		Carelian	
	Social Health	Smoking Alcoholism	
Unit-III			12
	Problems	Drug addiction	
		AIDS including AIDS control programme	
	Nutrition for Special	Introduction to nutrition for physical fitness and sport	
	Conditions	Feeding problems in children with special needs	
Unit- IV		Considerations during natural and man-made disasters e.g.	15
		floods, wars- basic guidelines in disaster management	
		Key terms, pillar of food security, challenges	
Unit-V	Food and Nutrition	Technologies for food and nutrition security	15
Unit-v	Security	National Programs for ensuring food and nutrition security	15
		TEACHER'S LESSON PLAN FOR YEAR 2019-20	
eacher's name	Department	Course	Subjects
rof Poonam			
akra and	Home Science		
Ms Shashi	(Nutrition and		
rabha	Health Education)	BA(Prog)	Public Nutrition
UNITS	Sub Topics of Units	sub topics	No. of Lectures
Unit- I	Concept and scope of public Nurition	Definition and multidisciplinary nature of public nutrition	5
		ICDS	
		Mid- day Meal Programme	
		Programmes for prevention of anamia, vitamin A deficiency	
		and iodine deficiency disorders	
Linit II	National Nurition		15

15

Programme

National Nutrition Mission

Unit- II

Unit-III	Assessment of Nutritional Status	Objectives and importance Methods of assessment -Direct Clinical signs, nutritional anthropometry, biochemical and biophysical tests -Indirect: diet surveys, vital statistics	15
Unit- IV	Nutrition Education	Objectives, principles and scope of nutrition and health education and promotion Behaviour Change Communication Planning a nutrition education programme for the community Teaching methods/ teaching aids: demonstration, flash cards and flip books, traditional folk media, electronic media, print media, computers and internet.	25

#### **TEACHER'S LESSON PLAN FOR YEAR 2019-20**

Department	Course	Subjects
Home Science		
(Nutrition and		
Health Education)	BA(Prog)	Therapeutic Nutrition
	Home Science (Nutrition and	Home Science (Nutrition and

UNITS	Sub Topics of Units	sub topics	No. of Lectures
Unit- I	Principles of	Therapeutic adaptations of the normal diet	4
onne i	Nutrition Care	Progressive diets- Clear fluid, full fluid, soft and regular	4
		Etiology, Clinical features and nutritional management of	
		infections and fever:	
Unit- II	Infections and fever	Typhoid (acute fever)	15
		Tuberculosis (chronic fever)	
		HIV	
		Etiology, Clinical features and nutritional management of the	
		following GI tract disorders:	
	Disesses of the GI	Diarrhoea	
Unit-III	Tract	Constipation	15
	IIact	Lactose intolerance	
		Celiac Disease	
		Infective Hepatitis (liver)	
	Weight Management		
Unit- IV	and	Etiology, clinical features and nutritional management of:	14
Unit- IV	eating	Weight Imbalance- Overweight and Obesity; underweight	14
	disorders	Eating disorders- Anorexia nervosa and Bulimia	
		Etiology, clinical features, basic diagnosis and nutritional	
		management of:	
11	Non- Communicable	Diabetes Mellitus	4 5
Unit-V	Disesses (NCDs)	Metabolic Syndrome	15
		Hypertension	
		Atherosclerosis	

### TEACHER'S LESSON PLAN FOR YEAR 2020-21

Subjects	Course	Department	Teacher's name
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Prof Poonam			
Lakra and	Home Science		Fundamentals of
Ms Shashi	(Nutrition and		Nutrition and Food
Prabha	Health Education)	RA(Brog)	Science
rapila	Health Education	BA(Prog)	Science
UNITS	Sub Topics of Units	sub topics	No. of Lectures
01113		•	No. of Lectures
Unit 1	Basic concepts in food and nutrition	a)Basic terms used in study of food and nutrition b)Understanding relationship between food, nutrition and health c) Functions of food-Physiological, psychological and social	6
Unit II	Nutrients	Functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients: a)Carbohydrates, lipids and proteins b)Fat soluble vitamins-A, D, E and K c)Water soluble vitamins – thiamin, riboflavin, niacin, pyridoxine, folate, vitamin B12 and vitamin C" "d)Minerals – calcium, iron, iodine, zinc, sodium and potassium" Advantage of cooking food Principles of cooking	27
Unit III	Cullinary Sciences	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking	27
	Cullinary Sciences	Pre-preparation steps in cooking- an overview	27
	Cullinary Sciences	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking	27 Subjects
Teacher's name Prof Poonam	Department	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking TEACHER'S LESSON PLAN FOR YEAR 2020-21	
Feacher's name Prof Poonam Lakra and	Department Home Science	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking TEACHER'S LESSON PLAN FOR YEAR 2020-21	Subjects
Teacher's name Prof Poonam Lakra and Ms Shashi	Department Home Science (Nutrition and	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking TEACHER'S LESSON PLAN FOR YEAR 2020-21 Course	Subjects Nutrition for the
Teacher's name Prof Poonam Lakra and Ms Shashi	Department Home Science	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking TEACHER'S LESSON PLAN FOR YEAR 2020-21	Subjects Nutrition for the Family
Teacher's name Prof Poonam Lakra and Ms Shashi	Department Home Science (Nutrition and	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking TEACHER'S LESSON PLAN FOR YEAR 2020-21 Course	Subjects Nutrition for the
Unit III Teacher's name Prof Poonam Lakra and Ms Shashi Prabha UNITS	Department Home Science (Nutrition and	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking TEACHER'S LESSON PLAN FOR YEAR 2020-21 Course	Subjects Nutrition for the Family
Feacher's name Prof Poonam Lakra and Ms Shashi Prabha	Department Home Science (Nutrition and Health Education)	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking TEACHER'S LESSON PLAN FOR YEAR 2020-21 Course BA(Prog)	Subjects Nutrition for the Family 60
Feacher's name Prof Poonam Lakra and Ms Shashi Prabha UNITS	Department Home Science (Nutrition and Health Education) Sub Topics of Units Basic Concepts of	Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking TEACHER'S LESSON PLAN FOR YEAR 2020-21 Course BA(Prog) BA(Prog) Introduction to food groups and concept of balanced diets Food Exchange list Concept of Dietary Reference Intakes Factors affecting meal planning and food related behavior	Subjects Nutrition for the Family 60 No. of Lectures

## TEACHER'S LESSON PLAN FOR YEAR 2020-21

Teacher's name	Department	Course	Subjects
Prof Poonam			
akra and	Home Science		
VIs Shashi	(Nutrition and		Introduction to food
rabha	Health Education)	BA(Prog)	safety
	Sub Topics of Units	sub topics	No. of Lock and
UNITS		Nutritional contribution, selection and storage of the	No. of Lectures
		following	
		Cereals and cereal products	
		Pulses	
Unit- I	Foods	Oil and Fats	10
		Sugars	
		Vegetables and fruits	
		Milk and milk products	
		Eggs and flesh foods	
		Concept, importance and challenges to food safety, factors	
		affecting food safety	
		Contamination of food and safe food handling practices;	
		street food safety	
		Food safety measures: basic concept of HACCP	
		Food regulations	
		-Codex Alimentarius	
		-Food safety and Standards (FSS) Act: Features and	
		Regulations	
Unit- II	Food safety	Definition and benefits of food additives	35
		Types of Additives	
		Preservatives	
		Antioxidants	
		Sweetners Food Colour	
		Flavouring agents	
		Emulsifying and stablizing agents	
		Leavening agents	
		Safety of food additives	
		Nutritional Labelling	
		Definition of food adulteration	
		Adulterants in commonly consumed food items and their ill	
Unit-III	Adulteration and	effects	15
0	contamination	Food and water borne illnesses- bacterial, viral and fungal-	15
		and their prevention	
		TEACHER'S LESSON PLAN FOR YEAR 2020-21	
eacher's name	Department	Course	Subjects
rof Poonam			
akra and	Home Science		
VIs Shashi	(Nutrition and		Public Health
rabha	Health Education)	BA(Prog)	Nutrition
UNITS	Sub Topics of Units	sub topics	No. of Lectures
	Introduction to public	Definition of Public Health Nutrition	
Unit- I	Health	Levels of Health care services	14
	Nutrition		

Unit- II	Nutrition Deficiency Diseases	Causes, symptoms, treatment, prevention of the following: Protein Energy Malnutrition (PEM) Vitamin A Deficiency (VAD) Iron Deficiency Anaemia (IDA) Iodine Deficiency Disorders (IDD) Zinc Deficiency Vitamin D Deficiency Fluorosis	15
Unit-III	Social Health Problems	Smoking Alcoholism Drug addiction AIDS including AIDS control programme	12
Unit- IV	Nutrition for Special Conditions	Introduction to nutrition for physical fitness and sport Feeding problems in children with special needs Considerations during natural and man-made disasters e.g. floods, wars- basic guidelines in disaster management	15
Unit-V	Food and Nutrition Security	Key terms, pillar of food security, challenges Technologies for food and nutrition security National Programs for ensuring food and nutrition security	15

## TEACHER'S LESSON PLAN FOR YEAR 2020-21

Teacher's name	Department	Course	Subjects
Prof Poonam Lakra and Ms Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Public Nutrition
UNITS	Sub Topics of Units	sub topics	No. of Lectures
Unit- I	Concept and scope of public Nurition	Definition and multidisciplinary nature of public nutrition	5
Unit- II	National Nurition Programme	ICDS Mid- day Meal Programme Programmes for prevention of anamia, vitamin A deficiency and iodine deficiency disorders National Nutrition Mission	15
Unit-III	Assessment of Nutritional Status	Objectives and importance Methods of assessment -Direct Clinical signs, nutritional anthropometry, biochemical and biophysical tests -Indirect: diet surveys, vital statistics	15

Unit- IV	Nutrition Education	Objectives, principles and scope of nutrition and health education and promotion Behaviour Change Communication Planning a nutrition education programme for the community Teaching methods/ teaching aids: demonstration, flash cards and flip books, traditional folk media, electronic media, print media, computers and internet.	25
		TEACHER'S LESSON PLAN FOR YEAR 2020-21	
Teacher's name	Department	Course	Subjects
Prof Poonam			
Lakra and	Home Science		
Ms Shashi Prabha	(Nutrition and Health Education)	BA(Prog)	Therapeutic Nutrition
		BA(FIOS)	merapeutic Nutrition
UNITS	Sub Topics of Units	sub topics	No. of Lectures
Unit- I	Principles of	Therapeutic adaptations of the normal diet	4
Onite 1	Nutrition Care	Progressive diets- Clear fluid, full fluid, soft and regular	4
Unit- II	Infections and fever	Etiology, Clinical features and nutritional management of infections and fever: Typhoid (acute fever) Tuberculosis (chronic fever) HIV	15
Unit-III	Disesses of the GI Tract	Etiology, Clinical features and nutritional management of the following GI tract disorders: Diarrhoea Constipation Lactose intolerance Celiac Disease Infective Hepatitis (liver)	15
Unit- IV	Weight Management and eating disorders	Etiology, clinical features and nutritional management of: Weight Imbalance- Overweight and Obesity; underweight Eating disorders- Anorexia nervosa and Bulimia	14
Unit-V	Non- Communicable Disesses (NCDs)	Etiology, clinical features, basic diagnosis and nutritional management of: Diabetes Mellitus Metabolic Syndrome Hypertension Atherosclerosis	15