

TEACHER'S LESSON PLAN FOR YEAR 2016-17

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

- Fundamentals of Nutrition and Food Science	Sub Topics of Units		No. of Lectures
		sub topics	
Unit 1-Basic concepts in food and nutrition	Basic terms used in study of food and nutrition		
		a)Understanding relationship between food, nutrition and health	2
		b) Functions of food-Physiological, psychological and social	1
	Functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients:		
Unit II- Nutrients		a)Carbohydrates, lipids and proteins	8
		b)Fat soluble vitamins-A, D, E and K	6
		c)Water soluble vitamins – thiamin, riboflavin, niacin, pyridoxine, folate, vitamin B12 and vitamin C	8
		d)Minerals – calcium, iron and iodine	3
	Selection, nutritional contribution and changes during cooking of the following food groups:		
Unit III-Food Groups		a)Cereals	5
		b)Pulses	3
		c)Fruits and vegetables	4
		d)Milk & milk products	4
		e)Eggs	3
		f)Meat, poultry and fish	3
		g)Fats and Oils	4
Unit IV Methods of Cooking and Preventing Nutrient Losses		a) Dry, moist, frying and microwave cooking	4
		b) Advantages, disadvantages and the effect 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 Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Nutrition for the family
Nutrition for the family	Sub Topics of Units		No. of Lectures
		sub topics	
UNITS			
Unit 1-Basic concepts meal planning		a) Food groups and concept of balanced diet	3
		b)Food exchange list	2
		c)Concept of Dietary Reference Intakes	2
		d)Factors effecting meal planning and food	2
		e)Dietary guidelines for Indians and food	3

Unit II -Nutrition during the adult years	Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices	a)Adult b)Pregnant woman c)Lactating mother d)Elderly	7 6 7 4
UNIT III Nutrition during childhood	Growth and development, growth reference/ standards, RDA, nutritional guidelines, nutritional concerns and healthy food choices	a)Infants b)Preschool children c)School children d)Adolescents Total lectures	5 4 5 6 53

Teacher's name	Department	Course	Subject
Prof Poonam Lakra	Home Science (Nutrition and Health Education)	BA(Prog)	Introduction to Food Safety
Introduction to Food Safety	Sub Topics of Units		No. of Lectures
UNITS		sub topics	

UNIT 1 Introduction to PHN	a). Definition of PHN	2
	b)Levels of health care services	4
	a.Concept of food safety ,Key terms, factors affecting food safety, recent concerns	4
UNIT II Food Safety and Storage	b.Food safety measures: basic concept of HACCP	5
	c. Safe food handling practices and storing food safely	4
	d. Food additives	4
	a.PFA definition of food adulteration	3
	b.Adulterants in commonly consumed food items	3
	c.Accidental contamination: botulism, staphylococcal and aflatoxin intoxication	4
UNIT III Food Adulteration	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 Lakra	Home Science (Nutrition and Health Education)	BA(Prog)	Public Health Nutrition
Public Health Nutrition	Sub Topics of Units		No. of Lectures
UNITS		sub topics	

UNIT I Introduction to Nutritional	Causes, symptoms, treatment, prevention of the following:	a.Protein Energy Malnutrition (PEM) b.Vitamin A Deficiency (VAD) c.Iron Deficiency Anaemia (IDA)	4 4 4
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deficiency diseases	d.Iodine Deficiency Disorders (IDD)	3
	e.Zinc Deficiency	3
	f.Flurosis	3
UNIT II	a.Smoking	2
Social health problems	b.Alcoholism	2
	c.Drug addiction	2
	d.AIDS including AIDS Control Programme	3
UNIT III Nutrition for special	and sport	3
	needs	3
	c.Considerations during natural and man-made	5
Unit IV Food Security	(a) Key terms, factors affecting food security, recent concern	5
	(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 Topics of Units		No. of Lectures
UNITS		sub topics	
UNIT I		a.Definition and multidisciplinary nature of public nutrition	1
Concept and scope of public nutrition		b.Concept and scope	2
		c.Role of public nutritionist	2
	(a) Etiology, prevalence, clinical features and preventive strategies of-	- Undernutrition –	
		- Protein energy malnutrition, nutritional anaemias, vitamin A deficiency, iodine deficiency disorders	
UNIT II		- Overnutrition – obesity, coronary heart disease, diabetes	12
Nutritional problems, their implications and related nutrition programmes	(b) National Nutrition Policy and Programmes - Integrated Child Development Services	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 anthropometry, biochemical tests, biophysical tests	
Assessment of nutritional status	Methods of assessment	b. Indirect – Diet surveys, vital statistics	14
UNIT IV		Objectives, principles and scope of nutrition and health education and promotion	4
Nutrition 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
UNITS		sub topics	
Unit I		a.Nutrition Care Process	4
Principles of nutrition care		b.Therapeutic adaptations of the normal diet	2

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

- Fundamentals of Nutrition and Food Science	Sub Topics of Units		No. of Lectures
		sub topics	
Unit 1-Basic concepts in food and nutrition	Basic terms used in study of food and nutrition	a) Understanding relationship between food, nutrition and health	2
		b) Functions of food-Physiological, psychological and social	1
	Functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients:		
Unit II- Nutrients		a) Carbohydrates, lipids and proteins	8
		b) Fat soluble vitamins-A, D, E and K	6
		c) Water soluble vitamins – thiamin, riboflavin, niacin, pyridoxine, folate, vitamin B12 and vitamin C	8
		d) Minerals – calcium, iron and iodine	3
	Selection, nutritional contribution and changes during cooking of the following food groups:		
Unit III-Food Groups		a) Cereals	5
		b) Pulses	3
		c) Fruits and vegetables	4

	d)Milk & milk products	4
	e)Eggs	3
	f)Meat, poultry and fish	3
	g)Fats and Oils	4
Unit IV Methods of Cooking and Preventing Nutrient Losses	a) Dry, moist, frying and microwave cooking	4
	b) Advantages, disadvantages and the effect 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 Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Nutrition for the family
Nutrition for the family	Sub Topics of Units		No. of Lectures
UNITS		sub topics	
Unit 1-Basic concepts meal planning		a) Food groups and concept of balanced diet	3
		b)Food exchange list	2
		c)Concept of Dietary Reference Intakes	2
		d)Factors effecting meal planning and food related behavior.	2
		e)Dietary guidelines for Indians and food pyramid	3
Unit II -Nutrition during the adult years	Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices	a)Adult	7
		b)Pregnant woman	6
		c)Lactating mother	7
		d)Elderly	4
UNIT III Nutrition during childhood	Growth and development, growth reference/ standards, RDA, 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 Lakra	Home Science (Nutrition and Health Education)	BA(Prog)	Introduction to Food Safety
Introduction to Food Safety	Sub Topics of Units		No. of Lectures
UNITS		sub topics	
UNIT 1 Introduction to		a). Definition of PHN	2
		b)Levels of health care services	4
		a.Concept of food safety ,Key terms, factors affecting food safety, recent concerns	4
UNIT II Food Safety and Storage		b.Food safety measures: basic concept of HACCP	5
		c. Safe food handling practices and storing food safely	4
		d. Food additives	4
		a.PFA definition of food adulteration	3

UNIT III
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 Lakra	Home Science (Nutrition and Health Education)	BA(Prog)	Public Health Nutrition
Public Health Nutrition	Sub Topics of Units		No. of Lectures
UNITS		sub topics	

UNIT I	Causes, symptoms, treatment, prevention of the following:	a. Protein Energy Malnutrition (PEM)	4
Introduction to Nutritional deficiency diseases		b. Vitamin A Deficiency (VAD)	4
		c. Iron Deficiency Anaemia (IDA)	4
		d. Iodine Deficiency Disorders (IDD)	3
		e. Zinc Deficiency	3
		f. Fluorosis	3
UNIT II		a. Smoking	2
Social health problems		b. Alcoholism	2
		c. Drug addiction	2
		d. AIDS including AIDS Control Programme	3
UNIT III		a. Introduction to Nutrition for physical fitness and sport	3
Nutrition for special conditions		b. Feeding problems in children with special needs	3
		c. Considerations during natural and man-made disasters e.g. floods, war.- basic guidelines in disaster management.	5
Unit IV		(a) Key terms, factors affecting food security, 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 Lectures
UNITS		sub topics	

UNIT I		a. Definition and multidisciplinary nature of public nutrition	1
Concept and scope of public nutrition		b. Concept and scope	2
		c. Role of public nutritionist	2

	(a) Etiology, prevalence, clinical features and preventive strategies of-	- Undernutrition – - Protein energy malnutrition, nutritional anaemias, vitamin A deficiency, iodine deficiency disorders - Overnutrition – obesity, coronary heart disease, diabetes	12
UNIT II Nutritional problems, their implications and related nutrition programmes	(b) National Nutrition Policy and Programmes - Integrated Child Development Services	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 Assessment of nutritional status	Methods of assessment	a Direct – clinical signs, nutritional anthropometry, biochemical tests, biophysical tests b. Indirect – Diet surveys, vital statistics	14
UNIT IV Nutrition Education		Objectives, principles and scope of nutrition and health education and promotion Behaviour Change Communication	4 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
UNITS		sub topics	
Unit I Principles of nutrition care		a.Nutrition Care Process	4
		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
		b.Tuberculosis	4
		HIV	3
	a) GI Tract Disorders:	Diarrhoea	
Unit III Etiology, clinical features and nutritional management			3
		Constipation	2
		Lactose intolerance	2
		Celiac disease.	3
	b) Liver	Infective Hepatitis	4
Unit IV Etiology, clinical	a.Weight Imbalances-	Overweight and obesity; Underweight	6
	b.Eating disorder-	anorexia nervosa and bulimia	2
Unit V Etiology, clinical	a. Type 1 and Type 2 Diabetes Mellitus		4
	b.Metabolic Syndrome		2
features, basic	c.Hypertension and Coronary Heart Disease		6
Unit VI Etiology, clinical	a. Food allergy		2
features, diagnosis and	b.Food intolerance		2
		Total lectures	57

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)	Fundamentals of Nutrition and Food Science

UNITS	Sub Topics of Units	sub topics	No. of Lectures
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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"	27
Unit III	Cullinary Sciences	Advantage of cooking food Principles of cooking Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking	27

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)	Nutrition for the Family

60

UNITS	Sub Topics of Units	sub topics	No. of Lectures
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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	16
Unit- II	Nutrition during adult Years	Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices for: Adult man and woman Pregnant woman Lactating mother Elderly	24

Unit-IIINutrition 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 Ms Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Introduction to food safety

UNITS	Sub Topics of Units	sub topics	No. of Lectures
Unit- I	Foods	Nutritional contribution, selection and storage of the 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 stabilizing agents Leavening 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
Unit- I	Introduction to public Health Nutrition	Definition of Public Health Nutrition Levels of Health care services	14
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 2019-20

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 Nutrition	Definition and multidisciplinary nature of public nutrition	5
Unit- II	National Nutrition 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 2019-20			
Teacher's name	Department	Course	Subjects
Prof Poonam Lakra and Ms Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Therapeutic Nutrition
UNITS	Sub Topics of Units	sub topics	No. of Lectures
Unit- I	Principles of Nutrition Care	Therapeutic adaptations of the normal diet 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

TEACHER'S LESSON PLAN FOR YEAR 2020-21

Teacher's name	Department	Course	Subjects
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Prof Poonam Lakra and Ms Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Fundamentals of Nutrition and Food Science
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UNITS	Sub Topics of Units	sub topics	No. of Lectures
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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"	27
Unit III	Cullinary Sciences	Advantage of cooking food Principles of cooking Pre-preparation steps in cooking- an overview Others, Microwave cooking, solar cooking	27

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)	Nutrition for the Family

60

UNITS	Sub Topics of Units	sub topics	No. of Lectures
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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	16
Unit- II	Nutrition during adult Years	Physiological changes, RDA, nutritional guidelines, nutritional concerns and healthy food choices for: Adult man and woman Pregnant woman Lactating mother Elderly	24
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 2020-21

Teacher's name	Department	Course	Subjects
Prof Poonam Lakra and Ms Shashi Prabha	Home Science (Nutrition and Health Education)	BA(Prog)	Introduction to food safety

UNITS	Sub Topics of Units	sub topics	No. of Lectures
Unit- I	Foods	Nutritional contribution, selection and storage of the 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 stabilizing agents Leavening agents Safety of food additives Nutritional Labelling	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 2020-21

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
Unit- I	Introduction to public Health Nutrition	Definition of Public Health Nutrition Levels of Health care services	14

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 Nutrition	Definition and multidisciplinary nature of public nutrition	5
Unit- II	National Nutrition 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
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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)	Therapeutic Nutrition

UNITS	Sub Topics of Units	sub topics	No. of Lectures
Unit- I	Principles of Nutrition Care	Therapeutic adaptations of the normal diet 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

