

## Lecture Plan

**Name of the College: Government College of Arts, Science and Commerce. Sanquelim - Goa**

**Name of Faculty: Ms. Mithali Halarnkar**

**Subject: Zoology**

**Paper code: ZOO-131 Food Nutrition and Health**

**Program: F.Y. BCom**

**Division: A**

**Academic year: 2024 - 25**

**Semester: I**

**Total Lectures: 30**

**Course Objectives:**

1. To examine the impact of nutrition on health.
2. Understand the basic principles of nutrition and its role in human health.
3. To recognize the importance of managing Health and Wellness.
4. Identify the functions and sources of essential nutrients in the human diet.

**Expected Course Outcome:** At the end of the course, students will be able to:

1. Explain the constituents of food.
2. List the components of a balanced diet, special nutritional requirements in various age groups and the diet related disorders in humans.
3. Plan a meal with ideal dietary requirements for various stages of life.
4. Demonstrate understanding of health and wellness.

Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/Assignment	ICT Tools	Reference books
June	26/06/2024	30/06/2024	02	Basic concept of food, nutrients and nutrition (1)		Powerpoint presentation, Google classroom,	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, 5th ed. New Age International Publishers, 2007. B. Srilakshmi, Nutrition Science. New Age International (P)Ltd., 2002.
				Basic concept of food, nutrients and nutrition (2)			

July	01/07/2024	07/07/2024	02	Classification of nutrients		you tube,	B. Srilakshmi, Food Science, 4th ed. New Age International (P)Ltd., 2007.  C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012.  S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018.
				Macro and micronutrients			
July	08/07/2024	14/07/2024	02	Dietary sources of carbohydrates			
				Dietary sources of fats/lipids			
July	15/07/2024	21/07/2024	02	Dietary sources of proteins			
				Activity – reading food labels	Yes		
July	22/07/2024	28/07/2024	02	Vitamins – Fat soluble		Powerpoint presentation, Google classroom, you tube,	
				Vitamins – Water soluble			
July/August	29/07/2024	04/08/2024	02	ISA 1	Yes		
				Importance of minerals: Iron, Phosphorus			
August	05/08/2024	11/08/2024	02	Importance of minerals: Calcium, iodine		Powerpoint presentation, Google classroom, you tube,	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, 5th ed. New Age International Publishers, 2007.  B. Srilakshmi, Nutrition Science. New Age International (P)Ltd., 2002.
				Importance of minerals: Selenium and Zinc			
August	12/08/2024	18/08/2024	02	Importance of water in diet			B. Srilakshmi, Food Science, 4th ed. New Age International (P)Ltd.,

	024	/2024		Demo : Presence of vitamin C in packaged orange juice and lime water			
August	19/08/2024	25/08/2024	02	Nutrition vs Malnutrition	Yes		
				Concept of balanced diet			
August	26/08/2024	01/09/2024	02	ISA 2			
				BMR			
September	02/09/2024	08/09/2024	02	Nutrient needs and Dietary patterns of Adults			
				Nutrient needs and Dietary patterns of pregnant women			
September	09/09/2024	15/09/2024	02	Nutrient needs and Dietary patterns of nursing mothers			
				Nutrient needs and Dietary patterns of infants			
September	16/09/2024	22/09/2024	02	Nutrient needs and Dietary patterns of school childrens			
				Nutrient needs and Dietary patterns of adolescents			
September	23/09/2024	29/09/2024	02	ISA 3	Yes		
				Nutrient needs and Dietary patterns of elderly			
							2007.
							C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012.
							S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018.
							S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, 5th ed. New Age International Publishers, 2007.
							B. Srilakshmi, Nutrition Science. New Age International (P)Ltd., 2002.
							B. Srilakshmi, Food Science, 4th ed. New Age International (P)Ltd., 2007.
							C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012.
							S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018.

Sept/ October	30/09/2024	06/10/2024	01	Major nutritional deficiency - Proteins	Powerpoint presentation, Google classroom, you tube,	
October	07/10/2024	13/10/2024	02	Vitamin deficiency disorder	Powerpoint presentation, Google classroom, you tube,	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, 5th ed. New Age International Publishers, 2007.
				Iron deficiency		B. Srilakshmi, Nutrition Science. New Age International (P)Ltd., 2002.
October	14/10/2024	22/10/2024	02	Demo	Powerpoint presentation, Google classroom, you tube,	B. Srilakshmi, Food Science, 4th ed. New Age International (P)Ltd., 2007.
				Demo		C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012.
						S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018.
<b>* Assessment Rubrics</b>						
	<b>Component</b>	<b>Max Marks</b>				
	ISA 1	7.5				
	ISA 2	7.5				
	ISA 3	7.5				
	Semester End Exam	60				