

Lecture Plan

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

Name of Faculty: Miss. Ayesha E. Shetkar

Subject: Zoology

Paper code: ZOO 131 - Food, Nutrition & Health

Program: F.Y.B.Com.

Division:

Academic year: 2024-25

Semester: I

Total Lectures: 15

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:

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

Student Learning Outcome: The students will gain knowledge of the various aspects of management of health & wellness.

| Month | Lecture From | Lecture To | No. of lectures allotted | Topic, Subtopic to be covered | Exercise/ Assignment | ICT Tools | Reference books |
|-------|--------------|------------|--------------------------|-------------------------------|----------------------|-----------|-----------------|
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| July 2024 | 1th | 6th | 1 | Topic 1: Importance of health & wellness education | Power point presentation | <ol style="list-style-type: none"> 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 8th | 13th | 1 | Topic 2: Factors affecting health 7 education | Power point presentation | <ol style="list-style-type: none"> 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 15th | 20th | 1 | Topic 3: Sedentary lifestyle & its risk of diseases | Power point presentation | <ol style="list-style-type: none"> 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 22 | 27 | 1 | Topic 4: Stress | Power point presentation | <ol style="list-style-type: none"> 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 29 | 3 Aug | 1 | Topic 5: Anxiety | Power point presentation | <ol style="list-style-type: none"> 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |

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| August 2024 | 5 | 10 | 1 | Topic 6: Depression | Power point presen- tation | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 12 | 17 | 1 | Topic 7: Factors affecting mental health | Power point presen- tation | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 19 | 24 | 1 | Topic 8: Depression & suicidal tendencies | Power point presen- tation | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 26 | 31 | 1 | Topic 9: Substance abuse (drugs, cigarette, alcohol) | Power point presen- tation | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| Septem- ber 2024 | 2 | 14 | 1 | Topic 10: De- Addiction | Power point presen- tation | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 16 | 21 | 1 | Topic 11: Counselling & rehabilitation | Power point presen- tation | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 23 | 28 | 1 | Topic 12: Spirituality & mental health | Power point presen- tation | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 30 | 5 Oct | 1 | Topic 13: Role of sleep in maintenance of physical & mental health | Power point presen- tation | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |

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| October | 7 | 12 | 1 | Topic 14: Role of yoga in maintaining health & wellness | Videos | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 14 | 19 | 1 | Topic 15: Role of asanas & meditation in maintaining health & wellness | Videos | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |
| | 21 | 22 | 1 | Revision | | 1. C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012. 2. S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018. |

*** Assessment
Rubrics**

| Component | Max Marks |
|-------------------|-----------|
| ISA 1 | 7.5 |
| ISA 2 | 7.5 |
| Practical | -- |
| Project | -- |
| Semester End Exam | 60 |