

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: 2025 - 26			Semester: I		Total Lectures: 30 (28 available)		
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 - July	30/06/2025	05/07/2025	02	Basic concept of food, nutrients and nutrition		Powerpoint presentation, Google	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, 5th ed. New Age International Publishers, 2007.

				Classification of nutrients		classroom, you tube,	B. Srilakshmi, Nutrition Science. New Age International (P)Ltd., 2002.
July	07/07/2025	12/07/2025	02	Macro and micronutrients	Yes		B. Srilakshmi, Food Science, 4th ed. New Age International (P)Ltd., 2007.
				Dietary sources of carbohydrates			
July	14/07/2025	19/07/2025	02	Dietary sources of fats/lipids			C. Bouchard, S. N. Blair, and W. L. Haskell Physical Activity and Health, 2nd ed. Human Kinetics, 2012.
				Dietary sources of proteins			
July	21/07/2025	26/07/2025	02	Activity – reading food labels		Powerpoint presentation, Google classroom, you tube,	S. Rodey, Food Science and Nutrition, 2nd ed. Oxford University Press, 2018.
				Vitamins – Fat soluble	Yes		
July-August	28/07/2025	02/08/2025	02	Vitamins – Water soluble			
				Importance of minerals: Iron, Phosphorus			
August	04/08/2025	09/08/2025	02	ISA 1	Yes	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. 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.
				Importance of minerals: Calcium, iodine			
August	11/08/2025	16/08/2025	01	Importance of minerals: Selenium and Zinc			
				Importance of water in diet			
August	18/08/2025	23/08/2025	02	Demo : Presence of vitamin C in packaged orange juice and lime water			
				Nutrition vs Malnutrition			
September	02/09/2025	06/09/2025	02	Concept of balanced diet	Yes		
				ISA 2			
September	09/09/2025	13/09/2025	02	BMR			
				Nutrient needs and Dietary patterns of Adults			
September	15/09/2025	20/09/2025	02	Nutrient needs and Dietary patterns of pregnant women			S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, 5th ed. New Age International Publishers, 2007.

				Nutrient needs and Dietary patterns of nursing mothers			
September	22/09/2025	27/09/2025	02	Nutrient needs and Dietary patterns of infants			
				Nutrient needs and Dietary patterns of school childrens			
September - October	29/09/2025	04/10/2025	01	Nutrient needs and Dietary patterns of adolescents			
				ISA 3			
October	06/10/2025	11/09/2025	02	Nutrient needs and Dietary patterns of elderly	Yes		
				Major nutritional deficiency - Proteins			
October	13/09/2025	18/10/2025	02	Vitamin deficiency disorder, Iron deficinecy		Powerpoint presentation, Google classroom, you tube,	
* Assessment Rubrics							
	Component	Max Marks					
	ISA 1	7.5					
	ISA 2	7.5					
	ISA 3	7.5					
	Semester End Exam	60					

