

Lecture Plan		
Name of the college: Government College of Arts, Science and Commerce, Sanquelim- Goa		
Name of Faculty: Ms. Varsha K. Sail	Subject: Chemistry	
Paper code: CHC-301 (Inorganic Chemistry-II)	Program: T.Y.B.Sc.	Division: A
Academic year: 2026- 2027	Semester: IV	Total Lectures: 30
Course Objectives:To acquaint students with the chemical constituents of food, their interactions during processing, and evaluation of various characteristics of food. 2. To familiarize students with the classification of foods and nutrients, and their metabolism in the human body. 3. understand adulterants in food and their characteristics. 4. To familiarize with the laws and regulations on food adulteration		
Expected Course Outcome:		
1) To acquaint students with the chemical constituents of food, their interactions during processing, and evaluation of varied characteristics of food. 2. To familiarize students with the classification of foods and nutrients, and their metabolism in the human body. 3. To understand adulterants in food and their characteristics. 4. To familiarize with the laws and regulations on food adulteration		
Student Learning Outcome:		
1) students will learn with the chemical constituents of food, their interactions during processing, and evaluation of varied characteristics of food familiarize with the laws and regulations on food adulteration		

Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books
June	19th	27th	30			Smart board, PPT,	Bamji MS, Krishnaswamy K, and Brahmam GNV. Textbook of Human Nutrition. 3rd Edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi, 2009. 3. Sunetra Roday, Food Science and Nutrition, 1st edition, Oxford Higher Education, New Delhi, 2008
July	29 th June	4 th July		Unit 1: Basic concept on Food, Nutrition and Nutrients Definition of nutrition, nutrients,	Start counting hours spent in sun		
	6th	11th		adequate, optimum and malnutrition, Classification of Food, Classification of Nutrients. and Functions			
	13th	18th		Unit 2: Carbohydrates & Lipids Carbohydrates: Definition, classification,	List diet rich in carbohydrates taken		
	20 th	25 th		structure and properties,.. sources, daily requirements, functions			
	27th	1 st Aug		Effects of too high and too low carbohydrates on health, Lipids : Classification, nomenclature, saturated, unsaturated fatty acids,			
August	3 rd	8 th		food sources, functions of fats. Definition, classification & properties, daily requirements, role and nutritional significances of PUFA, MUFA, SFA and W-3 fatty acid			

	10 th	14 th 15 th Holiday		Protein-Definition, Classification, Structure & properties	List diet rich in protein taken		
	17 th	22 nd		. Effect of too high - too low proteins on health			
	24 th 26 th holiday	29 th		Proteins - Sources, daily requirements, functions			
September	31 st Aug	5 th		: Fats and Oils Introduction, structure, rancidity, reversion factors leading to rancidity and reversion, prevention of rancidity,			
	7 th	12 th		, effect of heat on fats and oils, polymerization, extraction of fats and oils, refining, hydrogenation of oils.	Measure vol of daily water		
	14 th	19 th		. GANESH HOLIDAY			
	21 st	26 th		Water 08 Types of water, hydrogen bonding in water, water and ice properties,			
	28 th	3 rd oct		functions of water in food functions, daily requirements, water balance	Make a balance diet sheet for self		
Oct	5 th	10 th		Food Laws & Regulations: Role of FDA, Prevention of Food Adulteration Act 1954, Food Safety and Standards Act (2006), Food Safety and Standards Authority of India (FSSAI), BIS, FPO, APEDA.			

	12 th	14 th					

*Assessment Rubrics

Component	Max Marks
ISA 1	7.5
ISA 2	7.5
ISA 3	7.5
Practical	15
Project	-
Semester End Exam	60