

Semester Lecture Plan

Name of College: Government College of Arts, Science & Commerce, Sanquelim Goa						
Name of Faculty: Miss. Ayesha Shetkar			Subject: Zoology			
Paper code: ZOO 131 – Food, Nutrition & Health			Program/Course: F.Y.BCom.		Division: A	
Academic year: 2026 - 2027			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.						
Month	Lectures From: To:	No. of lect ures allot ted	Topic, Subtopic to be covered	Learning outcome	ICT Tools	Reference books

June	19/06/2026	20/06/2026	0				
	22/06/2026	27/06/2026	1	Introduction to Management of Health and Wellness	Explain health & wellness.		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.
July	29/06/2026	4/07/2026	1	Factors affecting health and wellness	Interpret factors affecting health & wellness.	Power point presentation	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.
	6/07/2026	11/07/2026	1	Sedentary lifestyle and its risk of disease.	Understand the concept of sedentary lifestyle	Power point presentation/Videos/Pictures	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.
	13/07/2026	18/07/2026	1	Sedentary lifestyle and its risk of disease	Understand the concept of sedentary lifestyle	Power point presentation	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.
	20/7/2026	25/7/2026	1	Stress, anxiety, and depression	Analyse stress, anxiety & depression	Power point presentation	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.
August	27/07/2026	01/08/2026	1	Factors affecting mental health	Explain factors affecting health & wellness.	Power point presentation/Video	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.
	3/08/2026	8/08/2026	1	Depression and Suicidal tendencies	Understand depression & suicidal tendencies.	Power point presentation	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.
	10/08/2026	15/08/2026	1	Substance abuse (Drugs, Cigarette, Alcohol)	Explain substance abuse.	Power point presentation	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.
	17/08/2026	22/08/2026	1	De-addiction	Explain de-Addiction.	Power point presentation/Audio	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.
	24/08/2026	29/08/2026	1	Counselling	Understand counselling.	Power point presentation/Demo video	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.
September	31/08/2026	5/09/2026	1	Rehabilitation	Interpret rehabilitation.	Power point presentation	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.

	7/09/2026	12/09/2026	1	Spirituality and mental health.	Understand spirituality & mental health.	Power point presentation/Group discussion	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.
	21/09/2026	26/9/2026	1	Role of sleep in maintenance of physical and mental health.	Explain role of sleep.	Power point presentation/Group discussion	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.
October	28/9/2026	3/10/2026	1	Demo1: Role of Yoga, asanas and meditation in maintaining health and wellness.	Observe & apply knowledge of yoga, asanas & meditation.	Power point presentation/Videos/Pictures	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.
	5/10/2026	10/10/2026	1	Revision on module III	Course consolidation.	Power point presentation	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.
	12/10/2026	14/10/2026	0				