

Semester Lecture Plan

Name of College: Government College of Arts, Science & Commerce, Sanquelim Goa							
Name of Faculty: Ms. Shradda Borkar				Subject: Zoology			
Paper code: ZOO-131			Program/Course: Food, Nutrition and Health			Division: F.Y.B.A.	
Academic year: 2026 - 2027			Semester: I			Total Lectures: 30	
Course Objectives: 1. To examine the impact of nutrition on health. Understand the basic principles of nutrition and its role in human heath. 1. To recognise the importance of managing Health and Wellness. 2. Identify the functions and sources of essential nutrients in the human diet.							
Month	Lectures From: To:		No. of lectures allotted	Topic, Subtopic to be covered	Learning outcome	ICT Tools	Reference books
June	19/06/2026	26/06/2026	01	Basic concept of Food, Nutrition and Nutrients.	Explain Basic concept of Food, Nutrition and Nutrients.	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.

July	27/06/2026	4/07/2026	03	Basic concept of Food, Nutrition and Nutrients.	Explain Basic concept of Food, Nutrition and Nutrients.	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Classification of Nutrients: Macro and Micro nutrients	Understand Classification of Nutrients: Macro and Micro nutrients	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Dietary sources and importance of Carbohydrates	List Dietary sources and importance of Carbohydrates	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	6/07/2026	11/07/2026	02	Dietary sources and importance of Proteins	List Dietary sources and importance of Proteins	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Dietary sources and importance of Lipids	List Dietary sources and importance of Lipids	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Fat-soluble vitamins- A and D: their dietary source and importance	List Fat-soluble vitamins- A and D: their dietary source and importance	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.

	13/07/2026	18/07/2026	02	Fat-soluble vitamins- E and K their dietary source and importance	List Fat-soluble vitamins- E and K their dietary source and importance	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Water-soluble vitamins- their dietary source and importance: Vitamin B1 and B2.	List Water-soluble vitamins- their dietary source and importance: Vitamin B1 and B2.	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	20/7/2026	25/7/2026	02	Water-soluble vitamins- their dietary source and importance: Vitamin B3 and B6.	List Water-soluble vitamins- their dietary source and importance: Vitamin B3 and B6.	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Water-soluble vitamins- their dietary source and importance Vitamin B9and B12	List Water-soluble vitamins- their dietary source and importance Vitamin B9and B12	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
August	27/07/2026	01/08/2026	02	Water-soluble vitamin- their dietary source and importance: vitamins C	List Water-soluble vitamin- their dietary source and importance: vitamins C	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.

				Minerals and their biological functions. – Iron, Calcium and Phosphorus	List biological function of Iron, Calcium and Phosphorous	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	3/08/2026	8/08/2026	02	Minerals and their biological functions. – Selenium, Zinc and iodine	List biological functions of Selenium, zinc and iodine	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Water - Functions, daily requirements, and Water balance	Explain Water - Functions, daily requirements, and Water balance	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	10/08/2026	15/08/2026	02	Demo 1 – Presence of Vitamin C in Packaged Orange Juice and Lime water Demo 2 - Reading food labels and its importance		Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Define Nutrition and Malnutrition. Concept of a Balanced Diet, BMR	Define Nutrition and Malnutrition and explain Concept of a Balanced Diet, BMR	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	17/08/2026	22/08/2026	02	Vitamin A and D deficiency disorders- their causes,	Explain Vitamin A and D deficiency disorders- their	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet

				symptoms, treatment, prevention,	causes, symptoms, treatment, prevention,		Therapy, S** ed. New Age International Publishers, 2007.
				Vitamin E and K deficiency disorders- their causes, symptoms, treatment, prevention	Explain Vitamin E and K deficiency disorders- their causes, symptoms, treatment,	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	24/08/2026	29/08/2026	02	Vitamin B1 and B2 deficiency disorders- their causes, symptoms, treatment, prevention	Explain Vitamin B1 and B2 deficiency disorders- their causes, symptoms, treatment, prevention	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Vitamin B3 and B6 deficiency disorders- their causes, symptoms, treatment, prevention	Explain Vitamin B3 and B6 deficiency disorders- their causes, symptoms, treatment, prevention	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
September	31/08/2026	5/09/2026	02	Vitamin B9 and B12 deficiency disorders- their causes, symptoms, treatment, prevention	Explain Vitamin B9 and B12 deficiency disorders- their causes, symptoms,	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.

					treatment, prevention		
				Vitamin C deficiency disorders- their causes, symptoms, treatment, prevention	Explain Vitamin C deficiency disorders- their causes, symptoms, treatment, prevention	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	7/09/2026	12/09/2026	02	Nutrient needs and Dietary pattern for - adults, pregnant and nursing mothers	Understand Nutrient needs and Dietary pattern for - adults, pregnant and nursing mothers	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Nutrient needs and Dietary pattern for - infants, school children,	Understand Nutrient needs and Dietary pattern for - infants, school children,	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	21/09/2026	26/9/2026	02	Nutrient needs and Dietary pattern for - adolescents and elderly	Understand Nutrient needs and Dietary pattern for - adolescents and elderly	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Protein Energy Malnutrition diseases - kwashiorkor and Marasmus	Understand Protein Energy Malnutrition	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.

					diseases - kwashiorkor and Marasmus		
October	28/9/2026	3/10/2026	02	Iron deficiency disorders- their causes, symptoms, treatment, prevention	Understand Iron deficiency disorders- their causes, symptoms, treatment, prevention	Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Demo 1 – Preparation of indigenous recipes (Ragi ladoo/ Khichdi/ Tizann (Millet porridge)		Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	5/10/2026	10/10/2026	02	Demo 2 – Planning and preparation of normal diets		Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
				Demo 3- Preparation of Diet Plan / Healthy Eating Plate / Healthy Diet Plan		Power point presentation	S. R. Mudambi, and M. V. Rajagopal, Fundamentals of Foods, Nutrition and Diet Therapy, S** ed. New Age International Publishers, 2007.
	12/10/2026	14/10/2026	NIL				