FOUR YEAR UNDERGRADUATE PROGRAM 2024-28
FACULTY OF Home Science
COURSE CURRICULUM

PART A: Introduction			
Program:- **Bachelor in Home Science** *(Certificate / Diploma / Degree/Honors)*		**Semester : I**	Session:-**2024-25**
1	Course Code	**HSSC – 01 T**	
2	Course Title	Basic Nutrition	
3	Course Type	DSC	
4	Pre-requisite (if any)	***As per Program***	
5	Course Learning. Outcomes (CLO)	• To apply Basics Knowledge of foods and nutrition. • To classify Basics knowledge of good foods. • To analyze basics knowledge of human growth and development. • To evaluate basics Knowledge of food groups for good health. • To develop basics Knowledge of disease due to nutrients deficiency.	
6	Credit Value	**3 C**	***1 Credit = 15 Hours - learning & Observation .***
7	Total Marks	**Max. Marks: 100**	**Min Passing Marks : 40**

PART B: Content of the Course

Total No. of Teaching – learning Periods (1 hour per period : 45Period (45 hours)

Unit	Topics (Course Contents)	No. of Period
I	**Concept of Nutrition**: Good Nutrition, Under and Over Nutrition, Health, Functions of Food, Methods of Cooking – Traditional & modern Methods of cooking. **Nutrients: Macro nutrients :** Classification, sources, functions Recommended Dietary Allowances, Carbohydrates Fats, Protein Fiber.	12
II	**Nutrients:** Micro nutrients ,Calcium Iron ,Zinc ,Iodine ,Fat-soluble vitamins (A,D,E,K) ,Water soluble Vitamins (Thiamine, Riboflavin, Niacin, Vitamin C, Pyridoxine, Folic Acid and vitamin B_{12}).	11
III	**Food, Structure:** Composition, Classification and Functions, Cereals, Millets Pulses, Legumes, Fruits and Vegetables, Milk and Milk Products, Eggs.	11
IV	**Locally available foods** to combat Malnutrition, anemia, vitamin deficiencies, Ready to eat nutritious foods, Low cost nutritious recipes and their Calculation of nutritive value and cost.	11

Keywords:- Food and Nutrition , Macro and micro nutrients, food groups, structure and composition, Methods of improving, Nutritional quality of food.

PART C: Learning Resources

Text Books, Reference Books and Others

Text books Recommended –

1. आहार एवं पोषण – डॉ. अरूणा पाल्टा, 3 rd Edition, Shiva Prakashan.
2. आहार एवं पोषण – डॉ. वृन्दा सिंह, 1st Edition, Panchsheel Prakashan.
3. Normal and therapeutic Nutrition - Robinson, C.H., Lawler, M.R. Chenoweth, W.L and Garwick'A.E, 17th Edition, Macmillan Publishing Co.
4. Essentials of Food and Nutrition VI : Fundamentals Aspects VII: Applied Aspects.- Swaminathan, M.S., 2018 Edition, The Bangalore Press Publisher.
5. Introductory Foods- Hughes, O.Behnion, M. 5th Edition MacMillan Company.
6. Nutrition and Diet Therapy - Williams, S.R., 4th Edition, C.V. Mosby Publishing Company.
7. Food Science - B. Shrilaxmi, 7th Edition, New Age International Publisher.
8. Nutrition & Diet Therapy- Sue Rodwell Williams, 6th Edition, Times Mirror/Mosby College Publishing.
9. Foods, Facts and Principles- N Shakuntala Manay, M Shadabaksharaswamy, 3rd Edition Published by New Age International Publisher.
10. Food Science and Application in Indian Cookery - Usha Chandrasekhar, 2002 Edition, Phoenix Publishing House P. Ltd..
11. Basic Food Preparation: A Complete Manual- Raina U, Kashyap S, Narula V, Thomas S Suvira, Vir S,Chopra S, 4th Edition, Orient Black Swan Ltd, Mumbai.
12. Text Book of Human Nutrition- Mahtab, S. Bamji, Kamala Krishnasamy,Brahmam G.N.V 3rd Edition, Oxford and IBH Publishing Co. P. Ltd..
13. Food Science and Nutrition - Sunetra Roday , 4th Edition,Oxford University Press. Indian Food Composition Tables- Longvah, T, Ananthan, R., Bhaskarachary, K.,le Venkaiah, K, 2017 Edition, (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.

Online Resources :-

1. https://youtube.com/watch?v=oaQyiVdeluE&feature=share
2. https://youtu.be/GgUEkRBPPT0
3. https://youtu.be/a-pXxDrlVjk
4. https://youtu.be/4IMhVISEcxA
5. https://youtu.be/4iDi7fjSAGE
6. https://youtu.be/o6s1jGdo7po
7. https://youtu.be/FMZNmgmwXag

- Concept of Nutrition https://www.youtube.com/watch?v=HtEPzK1RkFg
- Macro Nutrient https://www.mdanderson.org/publications/focused-on-health/what-are-macronutrients-.h15-1593780.html#:~:text=Carbohydrates%2C%20fat%20and%20protein%20are,Anderson%20Wellness%20Dietitian%20Lindsey%20Wohlford.
- Nutrient https://en.wikipedia.org/wiki/Nutrient#:~:text=A%20nutrient
- Food Structure https://www.sciencedirect.com/journal/food-structure
- Locally Available Foodhttps://www.google.com/search?q=Localy+Avaliabe+Food&oq=Localy+Avaliabe+Food&aqs=chrome..69i57j0i13l4j0i15i22i30j0i22i30j0i15i22i30j0i22i30l2.4818j0j9&sourceid=chrome&ie=UTF-8

PART D:Assessment and Evaluation		
Suggested Continuous Evaluation Methods: **Maximum Marks:** **100 marks** **Continuous Comprehensive Evaluation(CCE):** **30 Marks** **Semester End Exam (SEE):** **70 Marks**		
Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz(2) –20+20 Assignment/Seminar – 10 Total Marks– 30	Better marks out of the two tests/ Quiz + Obtained marks in assignment shall be considered against **30** Marks
End Semester Exam (ESE):	**Two section – A & B** Section A: **Q1**. Objective – **10 x1= 10** Mark; **Q2**. Short answer type- **5x4 =20Marks** Section B: Descriptive answer type qts.,**1 out of 2** from each unit-**4x10=40 Marks**	

Signature of Convener and Members (CBoS):

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3	Course Type	DSC	
4	Pre-requisite(if any)	***As per Program***	
5	Course Learning. Outcomes (CLO)	• To claculate weights and measurements for various foods. • To create Basics knowledge of any specific nutrient rich/deficient recipe. • To design specific nutrient dense recipe to combat local deficiency diseases. • To apply basics Knowledge of locally available food grains for healthupgradation.. • To campare traditional recipes for betterment of health	
6	Credit Value	**1 C**	***1 Credit = 30 Hrs for laboratory or Fieldwork/ Training***
7	Total Marks	**Max. Marks: 50**	**Min Passing Marks : 20**

PART B: Content of the Course		No. of Periods
Total No. of Learning- Training/ Performance Periods : 30 Periods (30 Hours)		
Module	Topics (Course Contents)-	
Lab Field Training/ Experiment contents of the course	1. Weights and Measures standard and household measures for raw and cooked food. 2. Preparation of two low cost nutritious recipes. 3. Cooking methods -Chhattisgarhi traditional recipes, sweet and salty. 4. Protein rich, Iron and calcium rich –locally available low cost recipe of Ragi, leafy vegs, millets, Kodo, Kutki. 5. Preparation of ready to eat nutritious Products. 6. Three day workshop for low cost nutritious recipe. 7. Work shop on Chhattisgarhi Traditional recipes. 8. Visit to Gadh Kaleva or Chhattisgarhi restaurants. 9. **Project/ Field work-** Identification and data collection of nutrition based diseases in community (sample 200/ group of 4 students)	30
Key Words	Weights & Measures, Worhshop, Local Nutrients, Traditional Recepies	

PART C:

Learning Resources: Text Books. Reference Books, Other Resources

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3. https://youtu.be/4IMhVISEcxA
4. https://youtu.be/4iDi7fjSAGE
5. https://youtu.be/o6s1jGdo7po
6. https://youtu.be/FMZNmgmwXag
7. Low Cost Nutrient
   https://www.google.com/search?q=low+cost+nutritious+food&oq=Low+Cost+Nutrient&aqs=chrome.3.69i57j0i512l2j0i390l4.7425j1j9&sourceid=chrome&ie=UTF-8
8. Ready to Eat
   https://www.google.com/search?q=ready+to+eat+nutrient&oq=ready+to+eat+nutrient&aqs=chrome..69i57j0i10i15i22i30j0i22i30j0i390l3.6039j0j9&sourceid=chrome&ie=UTF-8
9. Chhattisgarhi Dish
   https://www.google.com/search?q=Chhatishgarhi+Dish&oq=Chhatishgarhi+Dish&aqs=chrome..69i57j0i13l3j0i13i30l2j0i5i13i30j0i8i10i13i30j0i8i10i13i15i30j0i390.4095j0j7&sourceid=chrome&ie=UTF-8

PART D :Assessment and Evaluation		
Suggested Continuous Evaluation Methods: **Maximum Marks:** **50 Marks** **Continuous Internal Assessment (CIA):** **15 Marks** **End Semester Exam(ESE):** **35 Marks**		
Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test / Quiz (2) - **10 & 10** Assignment/Seminar+ Attendance - **05** Total Marks - **15**	Better marks out of the two tests/ Quiz + Obtained marls in Assignment shall be considered against **15** Marks
End Semester Exam(ESE):	**Laboratory / Field Skill Performance : on spot Assessment** **A. Performed the task based on Lab work - 20 marks** **B. Spotting based on tools & Technology (written) - 10 marks** **C. Viva –voce (based on principle/ Technology) - 05 Marks**	

Signature of Convener and Members (CBoS):