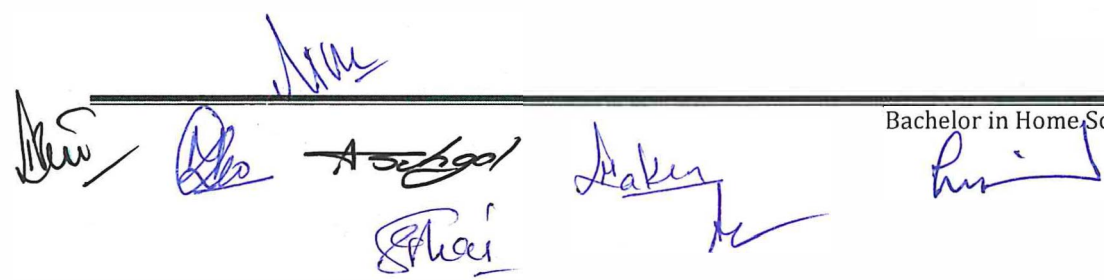


**FOUR YEAR UNDERGRADUATE PROGRAM 2024-28**  
**FACULTY OF Home Science**  
**COURSE CURRICULUM**

<b>PART A: Introduction</b>			
Program:- <b>Bachelor in Home Science</b> <i>(Certificate / Diploma / Degree/Honors)</i>		Semester : <b>I</b>	Session:- <b>2024-25</b>
1	Course Code	<b>HSSC – 01 T</b>	
2	Course Title	Basic Nutrition	
3	Course Type	DSC	
4	Pre-requisite (if any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> <li>• To apply Basics Knowledge of foods and nutrition.</li> <li>• To classify Basics knowledge of good foods.</li> <li>• To analyze basics knowledge of human growth and development.</li> <li>• To evaluate basics Knowledge of food groups for good health.</li> <li>• To develop basics Knowledge of disease due to nutrients deficiency.</li> </ul>	
6	Credit Value	<b>3 C</b>	<i>1 Credit = 15 Hours - learning &amp; Observation .</i>
7	Total Marks	<b>Max. Marks: 100</b>	<b>Min Passing Marks : 40</b>

<b>PART B: Content of the Course</b>		
<b>Total No. of Teaching – learning Periods ( 1 hour per period : 45Period ( 45 hours)</b>		
<b>Unit</b>	<b>Topics (Course Contents)</b>	<b>No. of Period</b>
I	<b>Concept of Nutrition:</b> Good Nutrition, Under and Over Nutrition, Health, Functions of Food, Methods of Cooking – Traditional & modern Methods of cooking. <b>Nutrients: Macro nutrients :</b> Classification, sources, functions Recommended Dietary Allowances, Carbohydrates Fats, Protein Fiber.	12
II	<b>Nutrients:</b> 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 <sub>12</sub> ).	11
III	<b>Food, Structure:</b> Composition, Classification and Functions, Cereals, Millets Pulses, Legumes, Fruits and Vegetables, Milk and Milk Products, Eggs.	11
IV	<b>Locally available foods</b> to combat Malnutrition, anemia, vitamin deficiencies, Ready to eat nutritious foods, Low cost nutritious recipes and their Calculation of nutritive value and cost.	11
<b>Keywords:-</b> Food and Nutrition , Macro and micro nutrients, food groups, structure and composition, Methods of improving, Nutritional quality of food.		

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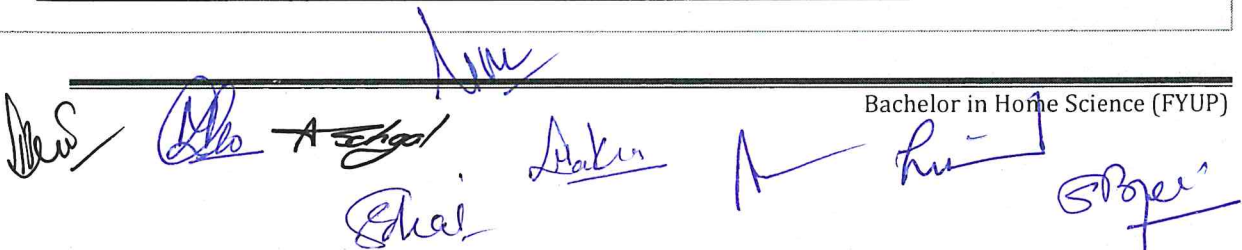


**PART C: Learning Resources****Text Books, Reference Books and Others****Text books Recommended –**

1. आहार एवं पोषण – डॉ. अरुणा पाल्टा, 3<sup>rd</sup> Edition, Shiva Prakashan.
2. आहार एवं पोषण – डॉ. वृन्दा सिंह, 1<sup>st</sup> 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. 5<sup>th</sup> Edition MacMillan Company.
6. Nutrition and Diet Therapy - Williams, S.R., 4<sup>th</sup> Edition, C.V. Mosby Publishing Company.
7. Food Science - B. Shrilaxmi, 7<sup>th</sup> Edition, New Age International Publisher.
8. Nutrition & Diet Therapy- Sue Rodwell Williams, 6<sup>th</sup> Edition, Times Mirror/Mosby College Publishing.
9. Foods, Facts and Principles- N Shakuntala Manay, M Shadabaksharaswamy, 3<sup>rd</sup> 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 3<sup>rd</sup> Edition, Oxford and IBH Publishing Co. P. Ltd..
13. Food Science and Nutrition - Sunetra Roday , 4<sup>th</sup> Edition, Oxford University Press. Indian Food Composition Tables- Longvah, T, Ananthan, R., Bhaskarachary, K., Venkaiah, K, 2017 Edition, (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.

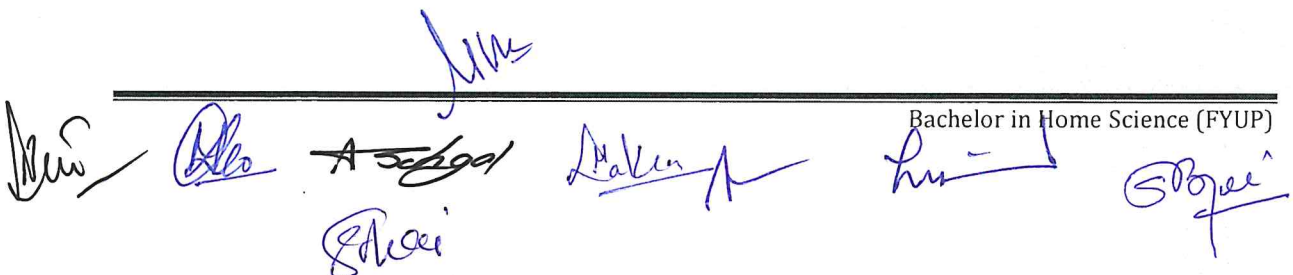
**Online Resources :-**

1. <https://youtube.com/watch?v=oaQyiVdeluE&feature=share>
  2. <https://youtu.be/GgUEkRBPPT0>
  3. <https://youtu.be/a-pXxDrIVjk>
  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  
Food <https://www.google.com/search?q=Localy+Avaliabe+Food&oq=Localy+Avaliabe+Food&aqs=chrome..69i57j0l13l4j0i15i22i30j0i22i30j0i15i22i30j0i22i30l2.4818j0i9&sourceid=chrome&ie=UTF-8>



<b>PART D: Assessment and Evaluation</b>		
<b>Suggested Continuous Evaluation Methods:</b>		
<b>Maximum Marks:</b>		<b>100 marks</b>
<b>Continuous Comprehensive Evaluation(CCE):</b>		<b>30 Marks</b>
<b>Semester End Exam (SEE):</b>		<b>70 Marks</b>
<b>Internal Assessment:</b>	Internal Test / Quiz(2) –20+20	Better marks out of the two tests/ Quiz + Obtained marks in assignment shall be considered against <b>30</b> Marks
Continuous Internal Assessment ( CIA)	Assignment/Seminar – 10	
	Total Marks– 30	
<b>End Semester Exam (ESE):</b>	<b>Two section – A &amp; B</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):*





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

<b>PART A: Introduction</b>			
Program:- Bachelor in Home Science (Certificate / Diploma / Degree/Honors)		Semester : I	
		Session:- 2024-2025	
1	Course Code	HSSC – 01P	
2	Course Title	Basic Nutrition	
3	Course Type	DSC	
4	Pre-requisite(if any)	As per Program	
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> <li>• To calculate weights and measurements for various foods.</li> <li>• To create Basics knowledge of any specific nutrient rich/deficient recipe.</li> <li>• To design specific nutrient dense recipe to combat local deficiency diseases.</li> <li>• To apply basics Knowledge of locally available food grains for health upgradation..</li> <li>• To compare traditional recipes for betterment of health</li> </ul>	
6	Credit Value	1 C	1 Credit = 30 Hrs for laboratory or Fieldwork/ Training
7	Total Marks	Max. Marks: 50	Min Passing Marks : 20

<b>PART B: Content of the Course</b>		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	<ol style="list-style-type: none"> <li>1. Weights and Measures standard and household measures for raw and cooked food.</li> <li>2. Preparation of two low cost nutritious recipes.</li> <li>3. Cooking methods -Chhattisgarhi traditional recipes, sweet and salty.</li> <li>4. Protein rich, Iron and calcium rich –locally available low cost recipe of Ragi, leafy vegs, millets, Kodo, Kutki.</li> <li>5. Preparation of ready to eat nutritious Products.</li> <li>6. Three day workshop for low cost nutritious recipe.</li> <li>7. Work shop on Chhattisgarhi Traditional recipes.</li> <li>8. Visit to Gadh Kaleva or Chhattisgarhi restaurants.</li> <li>9. <b>Project/ Field work-</b> Identification and data collection of nutrition based diseases in community ( sample 200/ group of 4 students)</li> </ol>	30
Key Words	Weights & Measures, Workshop, Local Nutrients, Traditional Recipes	

Bachelor in Home Science (FYUP)

**PART C:****Learning Resources:** Text Books, Reference Books, Other Resources**Text Books Recommended :**

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2. <https://youtu.be/a-pXxDrlVjk>
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..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..69i57j0i1015l22j30j0i22j30j0i390l3.6039j0j9&sourceid=chrome&ie=UTF-8>
9. Chhattisgarhi Dish  
<https://www.google.com/search?q=Chhatishgarhi+Dish&oq=Chhatishgarhi+Dish&aqs=chrome..69i57j0i13l3j0i13l30l2j0i5i13i30j0i8i10i13i30j0i8i10i13i15i30j0i390.4095j0j7&sourceid=chrome&ie=UTF-8>

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

*Signature of Convener and Members (CBoS):*

