

FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 28)
Department of Home Science
Course Curriculum

Part A: Introduction			
Program: Bachelor in Arts (Diploma/Degree/Honors)		Semester: III	Session: 2024-2025
1	Course Code	HSSC – 03T	
2	Course Title	FOOD SCIENCE AND NUTRITION	
3	Course Type	DSC	
4	Pre-requisite(if any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will enable to know: <ul style="list-style-type: none"> • Basic Knowledge of health & Nutrition. • Knowledge of Food Groups. • Knowledge of Excess & deficiencies of nutrients. • Knowledge of Vitamins. • Knowledge of Normal & Therapeutic nutrition. 	
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		
No. of Teaching-learning Periods (1 hour per period) : 45 Period (45 hours)		
Unit	Topics (Course Contents)	No. of Periods
1	<ul style="list-style-type: none"> • Nutrition- definition, Classification of nutrients based on work, carbohydrate, fat, protein and mineral. Water • Carbohydrate- definition, function, classification, digestion, absorption, blood sugar level, daily requirement • Fat- definition, function, classification, digestion, absorption, daily requirement • Protein- definition, function, classification, digestion, absorption, daily requirement • Mineral- definition, function, classification, digestion, absorption, daily requirement • Vitamins- definition, function, classification, resources(A B C D E K) • Water-general function, water balance, effect of excess, 	12
2	<ul style="list-style-type: none"> • Diet- classification, function, food groups • Cereal • Pulses • Milk • Fruit & vegetables 	11

	<ul style="list-style-type: none"> • Egg • Meat, fish ,poltry • Sugar, jaggrey, hony • Beverage • Spices 	
3	<ul style="list-style-type: none"> • Food preservation • Food adulteration • Food poisoning • Food storage • putrefaction in foods 	11
4	<ul style="list-style-type: none"> • Meal planning • Child nutrition • Nutrition in pregnancy & lactation • Diet and nutrition in old age • Therapeutic nutrition • Metabolic disease • diseases caused by nutritional deficiencies 	11
Keywords: Nutrition, carbohydrate, fat, protein, minerals, water, food groups		

Part C: Learning Resources

Text Books. Reference Books, Other Resources

Text Book Recommended

- Normal & Therapeutic Nutrition- C.H. Robinson, 1st Edition, Collier Macmillan Ltd.
- Normal & Therapeutic Nutrition- Robinson, 16th Revised Edition, Macmillan publisher.
- Normal & Therapeutic Nutrition- Vipul Khetarpaul, 1st Edition, Generic publisher.
- Foundations of Normal and Therapeutic Nutrition- T. Randall Lankford, 2nd Edition, Delmar Cengage Learning publisher.
- Food Science- B Srilakshmi, 6th Edition, New Age International Publishers.

Other Resources

- Carbohydrates
<https://www.medicalnewstoday.com/articles/161547>
<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/>
- Protein
<https://www.britannica.com/science/protein>
www.youtube.com/watch?v=HSCUAjZQhXI
- Fat
<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-c>
<https://www.youtube.com/watch?v=QhUrc4BnPgg>
- Nutrition Care Process <https://youtu.be/4IMhVISEcxA>
- Nutritional Management of Diabetes -2 <https://youtu.be/4iDi7fjSAGE>
- Nutritional requirements during pregnancy <https://youtu.be/o6s1jGdo7po>
- Nutritional Management of Diabetes – 1 <https://youtu.be/FMZNmgmwXag>
- Nutritional Management of infections <https://youtu.be/B0vLIHvNxAY>
- Nutritional Care During Fever -1 https://youtu.be/6EHdeYmq_ic
- Nutritional Care - Celiac Disease and Lactose Intolerance <https://youtu.be/DiNI31acMGc>
- Nutritional Management of Hepatitis <https://youtu.be/z34vP8uus5E>
- Nutritional management Eating Disorders https://youtu.be/79V_jHpMB3A
- Management of Metabolic Syndrome <https://youtu.be/GjSeaWcVpjI>

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- Management of Hypertension II
- <https://youtu.be/eAonEBKWMhE>
- Management of Food allergy & Intolerance <https://youtu.be/JfZ4G0aF8DA>

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

Name and Signature of Convener & Members of CBoS:



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Program: Bachelor in Arts (Diploma / Degree/Honors)		Semester -III	Session: 2024-2025
1	Course Code	HSSC-03P	
2	Course Title	FOOD SCIENCE AND NUTRITION(PRACTICAL)	
3	Course Type	DSC	
4	Pre-requisite (if, any)	As per requirement	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will enable to know: <ul style="list-style-type: none"> • Basic Knowledge of health & Nutrition. • Knowledge of Food Groups. • Knowledge of Excess & deficiencies of nutrients. • Knowledge of Vitamins. • Knowledge of Normal & Therapeutic nutrition 	
6	Credit Value	1 Credits	1 Credit =30 Hours Laboratory or Field learning/Training
7	Total Marks	Max. Marks: 50	Min Passing Marks: 20
PART -B: Content of the Course			
Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)			
Module		Topics (Course contents)	No. of Period
Lab./Field Training/ Experiment Contents of Course		<ul style="list-style-type: none"> • Prepare food from any three methods with Cereals-pulses, egg, milk, dry fruits. • Meal planning (calorie & Protein calculation) • pregnant woman • condition of constipation • diabetes disease • overweight status • Diet plan in different economic situation • Supplementary food • Food preservation by any recipe method 	30
Keywords		Nutrition, carbohydrate, fat, protein, minerals, water, food groups	

PART-C: Learning Resources	
Text Books, Reference Books and Others	
Text Books Recommended –	
<ul style="list-style-type: none"> • Normal & Therapeutic Nutrition- C.H. Robinson, 1st Edition, Collier Macmillan Ltd. • Normal & Therapeutic Nutrition- Robinson, 16th Revised Edition, Macmillan publisher. • Normal & Therapeutic Nutrition- Vipul Khetarpaul, 1st Edition, Generic publisher. • Foundations of Normal and Therapeutic Nutrition- T. Randall Lankford, 2nd Edition, Delmar 	

Cengage Learning publisher. • Food Science- B Srilakshmi, 6th Edition, New Age International Publishers.		
Online Resources– • e-Resources / e-books and e-learning portals		
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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		
Continuous Internal Assessment(CIA): (By Course Teacher)	Internal Test / Quiz-(2): 10 & 10 Assignment/Seminar +Attendance - 05 Total Marks - 15	Better marks out of the two Test / Quiz +obtained marks 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	Managed by Course teacher as per lab. status

Time

A. Singh

Devi

Devi

Ar

Archi

A. K.

M

S. B. J.