

LESSON PLAN

Session2024-25

Class: Clinical Nutrition and Dietetics 1st Sem

Paper: Basic of food science I

Paper Code: B23-CND-101

Name of the Faculty: Ms. Varsha

Month	Week	Topics to be covered
July	25.07.24-27-07.24	Food definition, Classification on the basic of sources.
	29.07.24-03-08.24	Food groups, nutrients, functions and perishability Function of food: physiological, psychological and social.
August	05.08.24-10-08.24	Food preparation: Selection of food, preliminary preparation of food.
	12.08.24-17-08.24	Cooking: definition, Objective, principles
	19.08.24-24-08.24	Methods of cooking-Principle, Advantages and disadvantages of moist heat, Dry heat, Frying heat, Combination, Radiation.
	26.08.24-31-08.24	Cereals and Millets – Composition and nutritive value, cereal products.
September	02.09.24-07-09.24	Breakfast cereals, role of cereals, cereal products and millets in cookery.
	09.09.24-14-09.24	Pulses and Legumes – Nutritive value of pulses and legumes,
	16.09.24-21-09.24	Storage of pulses, use of pulses, anti-nutritional factors, germination.
	23.09.24-28-09.24	Vegetables and Fruits – Classification and composition of fruit and vegetables,
October	30.09.24-05.10.24	Nutritive value, storage and use, browning, preservation.
	07.10.24-12.10.24	Milk and Milk products – Composition and nutritive value of milk and milk products.
	14.10.24-19.10.24	Types of milk products, storage of milk products.
	21.10.24-26.10.24	Role of milk and milk products in cookery.
Vacations	27.10.24-03-11.24	--
November	04.11.24-09.11.24	Revision
	11.11.24-16.11.24	Revision
	18.11.24-23.11.24	Revision

LESSON PLAN

Session: 2024-25

Class: Clinical Nutrition and Dietetics 1st Sem(Minor)

Paper: Fundamentals of Nutrition I

Paper Code: B23-CND-102

Name of the Faculty: Ms. Varsha

Month	Week	Topics to be covered
July	25.07.24-27.07.24	Understanding terminologies: Food, nutrition, health nutrients.
	29.07.24-3.08.24	Nutritional status, Malnutrition under nutrition,
August	5.08.24-10.08.24	Over nutrition and Optimum nutrition.
	12.08.24-17.08.24	Food groups and food pyramid.
	19.08.24-24.08.24	Function of food. Physiological, psychological and social function of food.
	26.08.24-31.08.24	Factors affecting food intake and food habits.
September	02.09.24-07.09.24	Revision and tests
	09.09.24-14.09.24	Carbohydrates – Composition, classification, functions, RDA food sources, deficiency and excess.
	16.09.24-21.09.24	Fiber – types, function, sources, deficiency and excess.
	23.09.24-28.09.24	Protein – Composition, classification, function.
October	30.09.24-05-10.24	RDA, food sources and deficiency.
	07.10.24-12.10.24	Fats and oils – Composition, classification, function, RDA, food sources, deficiency and excess.
	14.10.24-19.10.24	Revision and tests
Vacations	27.10.24-03.11.24	Diwali Vacations
November	04.11.24-09.11.24	Revision
	11.11.24-16.11.24	Revision and tests
	18.11.24-23.11.24	Revision and tests

LESSON PLAN

Session: 2024-25

Class: Clinical Nutrition and Dietetics 3rd Sem

Paper: Human Nutrition I

Paper Code: B23-CND-301

Name of the Faculty: Ms. Varsha

Month	Week	Topics to be covered
July	25.07.24-27-07.24	Introduction to meal management – Balanced diet.
	29.07.24-03-08.24	Basic principles of meal planning.
August	05.08.24-10.08.24	Objectives and steps in meal planning
	12.08.24-17-08.24	Nutrition during infancy – Nutritional requirements,
	19.08.24-24-08.24	Breast feeding, formula feeding,
	26.08.24-31-08.24	Introduction of supplementary food.
September	02.09.24-07-09.24	Nutritional during early childhood.
	09.09.24-14-09.24	Toddler/Preschool growth and nutrients needs,
	16.09.24-21-09.24	Nutrition related problems.
	23.09.24-28-09.24	Nutrition of school children
October	30.09.24-05.10.24	Nutritional requirements
	07.10.24-12.10.24	School lunch programmes
	14.10.24-19.10.24	ANP, SNP And MDM
	21.10.24-26.10.24	Class Test
Vacations	27.10.24-03-11.24	--
November	04.11.24-09.11.24	Revision
	11.11.24-16.11.24	Revision
	18.11.24-23.11.24	Revision

LESSON PLAN

Session:2024-25

Class: Clinical Nutrition and Dietetics 5th Sem

Paper: Food service Management II

Paper Code: 301

Name of the Faculty: Ms. Varsha

Month	Week	Topics to be covered
July	25.07.24-27-07.24	Organization and Management Defination and types of organization Defination,principles and function of catering management.
	29.07.24-03-08.24	Tools of management organization Chart Communication Management of Resources Money, Space,Materials, Equipments, Staff, Time, Energy, Procedures.
August	05.08.24-10-08.24	Food management, Characteristics of food, Quality, quantitative aspects of quality, Sensory qualities.
	12.08.24-17-08.24	Nutritional qualities Food recommended for use in canteens, Lunch rooms and kioks.
	19.08.24-24-08.24	Food purchasing Food buyer
	26.08.24-31-08.24	Purchasing activity Buying food.
September	02.09.24-07-09.24	Receiving and storage of food
	09.09.24-14-09.24	Receiving Storage
	16.09.24-21-09.24	Food production Food production system
	23.09.24-28-09.24	Food production system
October	30.09.24-05.10.24	Food production process
	07.10.24-12.10.24	Effective use of left over
	14.10.24-19.10.24	Class test
	21.10.24-26.10.24	Revision
Vacations	27.10.24-03-11.24	--
November	04.11.24-09.11.24	Revision