

# Academic Calendar

## Department of Food & Nutrition (Honours) 1<sup>st</sup> 3<sup>rd</sup> sem 3<sup>rd</sup> year 2019 june-december

Semester/ Year	Syllabus Module/ Unit	No of Lectures	Teachers	Weekly Distribution of classes	
1 <sup>st</sup> Semester	<b>FNTACOR01T: HUMAN NUTRITION (THEORY)</b>		SS,MS,GC, Dr. M Seth	SS -1,MS-1, GC-1,Dr. M Seth 1 Total =4 (T)	
	1.Introduction of Food and nutrition	10			
	2. Foods, Nutrients and cooking of food	10			
	3.Food energy and energy requirements	15			
	4. Digestion of Foods	25			
	<b>FNTACOR01P: HUMAN NUTRITION (PRACTICAL)</b>		60	SS, MS	SS-2 MS-2 TOTAL =4 (P)
	1. Process involved in cooking, microwave, steaming, grilling, deep fat frying.				
	2. General concepts of weights and measures, Eye estimation of raw cooked foods				
	3. Preparation of food from different food groups and their significance in relation to health				
	4. Preparation of supplementary food from different age group and their nutritional significance				
5. Planning and preparation of low cost diet for Grade I and Grade II malnourished child					
<b>FNTACOR02T: PHYSIOLOGY IN NUTRITION (THEORY)</b>		12	MS (Cell), BM	BM-3 TUTORIAL-1 TOTAL=4 (T)	
1.Unit of Life: Cell and Tissue Structure					
2.Blood and body fluids					
3. Cardiovascular system					
4. Respiratory system					
5. Renal Physiology, skin and body temperature	12				
<b>FNTACOR02P: PHYSIOLOGY IN NUTRITION(PRACTICAL)</b>		60	BM	BM-2 TUTORIAL-2 TOTAL=4 (P)	
1. Determination of pulse rate in Resting condition and after exercise (30 beats/10 beats method)					
2. Determination of blood pressure by					

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	<p>Sphygmomanometer (Auscultatory method).</p> <p>3. Interpretation of normal ECG curve with 6 chest leads.</p> <p>4. Measurement of Peak Expiratory flow rate. (By spirometer)</p> <p>5. Determination of Bleeding Time (BT) and Clotting Time (CT).</p> <p>6. Detection of Blood group (Slide method).</p> <p>7. Measurement of Haemoglobin level (Sahli's or Drabkin method).</p>			
3 <sup>rd</sup> Semester	<p><b>FNTACOR05T: NUTRIENTS METABOLISM(THEORY)</b></p> <p>1. Carbohydrate Metabolism</p> <p>2. Lipid Metabolism</p> <p>3. Amino acid Metabolism</p> <p>4. Biological oxidation</p> <p>5. Nucleic acid metabolism</p> <p>6. Vitamins</p> <p>7. Mineral Metabolism</p> <p><b>FNTACOR05P: NUTRIENTS METABOLISM(PRACTICAL)</b></p> <p>1. Estimation of Vitamin C in citrus fruits.</p> <p>2. Estimation of calcium in blood (using kit) and drinking water (Complexometry).</p> <p>3. Estimation of sodium and potassium in blood (using kit).</p> <p>4. Estimation of iron in vegetables by spectrophotometry.</p> <p>5. Estimation of DNA (PDA method) and RNA (Orcinol method) in tissues by spectrophotometry</p> <p><b>FNTACOR06T: NUTRITION THROUGH LIFE SPAN(THEORY)</b></p> <p>1. Basics of Meal Planning</p> <p>2. Nutrition in Adults and Elderly</p> <p>3. Nutrition during Pregnancy</p> <p>4. Nutrition during Lactation</p> <p>5. Nutrition during Infancy</p> <p>6. Nutrition for Children and Adolescents</p>	<p>14</p> <p>12</p> <p>8</p> <p>8</p> <p>10</p> <p>8</p> <p>60</p> <p>4</p> <p>8</p> <p>13</p> <p>10</p> <p>15</p> <p>10</p>	<p>DM</p> <p>DP</p> <p>DP/DM</p> <p>SS,,GC</p>	<p>DM-4/DP-4</p> <p>TOTAL =4 (T)</p> <p>DP-2/DM-2 (P)</p> <p>SS-2, GC-2</p> <p>TOTAL 4 (T)</p>

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	<p><b>FNTACOR06P: NUTRITION THROUGH LIFE SPAN(PRACTICAL)</b> Meal planning and preparation of adequate meal for different age groups with special reference to different physiological conditions: infants, pre-schooler, school children, adolescents, adults, pregnancy, lactation and elderly.</p> <p><b>FNTACOR07T: ELEMENTARY DIETETICS AND MENU PLANNING (THEORY)</b> 1. Dietetics and Dietician 2. Food groups 3. Dietary guidelines 4. Menu Planning 5. Basics of diet therapy 6. Diet for health care 7. Routine Hospital Diet</p> <p><b>FNTACOR07P: ELEMENTARY DIETETICS AND MENU PLANNING (PRACTICAL)</b> 1. Planning and preparation of normal diets. 2. Planning and preparation of different fluid diets. 3. Planning and preparation of different soft/semi solid diets. 4. Planning and preparation of different nutrient modified diet.</p>	<p>60</p> <p>4 13 6 10 15 5 7</p> <p>60</p>	<p>GC -2, SS-2 TOTAL =4 (P)</p> <p>MS, GC</p> <p>MS, GC</p>	<p>GC -2, SS-2 TOTAL =4 (P)</p> <p>MS-2, GC-2 TOTAL=4 (T)</p> <p>MS-2, GC=2 TOTAL=4 (P)</p>
3 <sup>rd</sup> Year	<p><b>Paper-5 Unit (i): Nutritional Biochemistry</b> 1. Enzymes and Co Enzymes 2. Carbohydrates 3. Lipid 4. Protein 5. Nucleic Acid 6. Vitamins 7. Minerals 8. Cellular Transport</p>		DP/DM	DM:-4/DP-4

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	<p><b>Unit (ii): Microbiology</b>                      1. Microscope                      2. Cultivation of Bacteria                      3. Growth of Bacteria                      4. Stains and Staining techniques                      5. Morphology of Bacteria                      6. Control of Microbes                      7. Food Microbiology                      8. Food borne diseases</p> <p><b>Paper-6 Unit (i): Diet Therapy (i)</b>                      1. Basic concept of Diet Therapy                      2. Routine hospital diet                      3. Diet with energy modification                      4. Diet for febrile condition.                      5. Diet during surgery.                      6. Diseases of Liver.                      7. Gallstone disease.                      8. Peptic Ulcer.                      9. Intestinal Disorders.</p> <p><b>Unit (ii): Diet Therapy (ii)</b>                      1 Cardiovascular Diseases.                      2. Renal Diseases.                      3. Diabetes Mellitus.                      4. Food Allergy</p> <p><b>Paper-7 Unit (i): Biochemistry Practical GR:A</b>                      Qualitative Estimation                      GR:B                      Quantitative Estimation</p> <p><b>Unit (ii):</b>                      Food preservation and preparation</p> <p><b>Paper-8 Unit (i): Diet therapy Practical</b></p> <p><b>Unit (ii) Microbiology Practical</b></p>		<p>DP/DM</p> <p>SS</p> <p>MS</p> <p>DP/DM</p> <p>SS, MS</p> <p>GC</p> <p>DP/DM</p>	<p>1</p> <p>2</p> <p>2</p> <p>2</p> <p>SS-2, MS-2</p> <p>GC-2</p> <p>2</p>
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	Unit (iii) Project and Seminar		SS, MS ,GC, DP, GT	
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P.S. Distribution denotes tentative time of completion of the syllabus.