

SARDAR PATEL UNIVERSITY
Programme: B.Sc (Home Science)
Semester: II
Syllabus with effect from: November/December-2011

Theory

Objectives:

- To learn the principles of meal planning.
- To be able to plan and prepare a balanced meal for different age groups and special group.
- Plan meal for different income and activity groups.

Paper Code: UH02CFDN10	Total Credit: 1
Title Of Paper: Meal Planning	

Unit	Description in detail	Weighting (%)
I	Meaning, Objectives, Factors affecting meal planning, Basic meal of the day, basic meal pattern and its modification to suit different levels, use of food groups in meal planning.	15%
II	Meal Planning During Various Phases Of Life: Adolescent age Adulthood	10% 15%
III	Pregnancy-reasons for increased requirements. Lactation- reasons for increased requirements	10% 10%
IV	Infancy and preschoolers Importance-Breast Feeding, ARF, Weaning School going children	15% 10%
V	Athlete Geriatrics	05% 10%

Basic Text & Reference Books

- Educational Planning group (1991): “Food and Nutrition, Text book of home science for senior students.”3rd Edition, Arya publishing house, New Delhi.
- Mudambi, S.R and Rajagopal M.V. Fundamentals of Nutrition, New Age International Ltd.

