

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

Practical

Objectives:

- To familiarize the students with planning of balanced meals.
- To sensitize the students to differences in dietary requirements and nutritional needs through the different stages of lifespan
- To equip the students with skills to plan balanced meals.

Paper Code: UH02CFDN11	Total Credit: 1
Title Of Paper: Meal Planning	

	Description in detail	
	Record of one's own diet based on factors affecting balanced diet.	
	Meal Planning Through Various Stages Of Life Span	
	Meal planning according to meal times viz – breakfast, lunch, dinner and Contribution of each meal to meal planning	
1	Meal planning with the use of five food groups (balanced meal)	
2	Meal planning for Adolescent boy and girl-(Differences)	
3	Meal planning for Adult Men	
4	Meal planning for Adult Women	
5	Meal planning for Pregnant women(different income)	
6	Meal planning for Lactating women (different income)	
7	Meal planning for infants (6-12 months)	
8	Meal planning for pre-school child	
9	Meal planning for school age children (including packed lunch)	
10	Meal planning for Geriatric age.	

