

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

**Objective:** They will learn the medicinal properties of foods

<b>Paper Code: UH02EFFF03</b>	<b>Total Credit: 2</b>
<b>Title Of Paper: Food for Fitness</b>	

Unit	Description in detail	Weighting (%)
I	Concept of Food and fitness Basic guide to food pyramid Definition: food, Food groups, Balanced diet	10%
II	Health- Definition & Dimensions of health: Sociological, Ecological, Psychological, etc.	10%
III	<b>Absorption and utilization of nutrients :</b>  Major nutrients: Carbohydrates, Proteins, Fats <b>Micro nutrients:</b> Vitamins: Fat soluble (A,D,E,K) Vitamins: Water soluble – B-Complex, Vitamin C Minerals: Major & Minor	15% 15%
IV	Medicinal properties of foods  <b>Guidelines for good health</b> Nutraceuticals Organic foods Antioxidants Pre & Probiotics	25% 25%

**Note:** By this course students will be able to get knowledge about foods which have health benefits.

