



SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)
Syllabus with effect from the Academic Year 2021-2022

Bachelor of Science - Home Science
(B.Sc. - H. Sc.) (Home Science) Semester (II)

Course Code	UH02CFDN51	Title of the Course	Family Meal Management
Total Credits of the Course	02	Hours per Week	02
Course Objectives:	1. Learn the principles of nutrition planning. 2. Understand the nutritional demands in various stages of life cycle. 3. Acquire the skills in planning adequate meals in different stages of life cycle.		

Course Content		
Unit	Description	Weightage* (%)
1.	Principles of meal planning, Balanced diet, Food groups, Factors affecting meal planning and food related behaviour, Dietary guidelines for Indians and food pyramid	25
2.	Nutrition for adulthood and old age Adult: Nutrient requirements for adult man and woman, RDA, nutritional guidelines. Elderly: Physiological changes in elderly, RDA, nutritional guidelines	20
3.	Nutrition during pregnancy and lactation Pregnancy–RDA and nutritional requirements , nutritional guidelines, Lactation –RDA and nutritional requirements ,nutritional guidelines	25
4.	Nutrition during childhood RDA, nutritional guidelines, nutritional concerns and healthy food choices for - (a) Infants (b) Preschool children (c) School children (d) Adolescents (e) Nutrition for athletes	30

Teaching-Learning Methodology	Chalk and board, Power point presentations, Class Discussions, Class activities / assignments, quiz
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to

1.	Gain knowledge on the importance of nutrition during life span
2.	Enlighten on the dietary modifications.

Suggested References:

Sr. No.	References
1.	Chadha, R., & Mathur, P. (2015). A Textbook on Nutrition: A Lifecycle Approach. <i>New Delhi: Published by Orient Blackswan Private Limited.</i>
2.	Mudambi, S. R. (2007). <i>Fundamentals of foods, nutrition and diet therapy.</i> New Age International.
3.	Williams, S. R. (1995). <i>Basic nutrition and diet therapy.</i> (12 th ed.).
4.	Requirement, I. N. (2010). Recommended dietary allowances for Indians. <i>A report of the Expert Group of the Indian Council of Medical Research.</i>
5.	Roday, S. (2012). <i>Food science and nutrition.</i> Oxford University Press.
6.	Srilakshmi, B. (2014). Dietetics, Seventh Multi colour edition. <i>New Age International Publisher, 410-423.</i>
7.	Shah,H., (2009). <i>Meal Planning</i> (Gujarati). Pravin pub.
8.	Joshi, S. A. (1995). <i>Nutrition and dietetics.</i> McGraw-Hill Education.

On-line resources to be used if available as reference material

On-line Resources

<http://egyankosh.ac.in/>

