



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	UH02CFDN52	Title of the Course	Practical - Family Meal Management
Total Credits of the Course	02	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none">1. Learn the principles of nutrition planning.2. Plan and prepare a balanced meal for different age groups and special group.3. Aware the nutritional needs for an individual as per RDA
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Course Content		
Unit	Description	Weightage * (%)
	Planning and preparation of following diets:	
1.	Importance of Meal Planning, factors to be considered while planning meal. Five food group system and Food exchange list	10
2.	Diet during Infancy: (a) Breast Feeding, weaning and introduction to supplementary feeding (b) Planning nutrient rich recipes for Infants (Complementary foods)	10
3.	Diet during Preschoolers (a) Food habits and Nutritional requirements (b) Planning nutrient rich recipes for preschoolers	10
4.	Diet during school age: (a) Food habits and Nutritional requirements (b) Planning nutrient rich recipes for school going child	10
5.	Diet during adolescent: (a) Food habits and Nutritional requirements (b) Planning whole day's meal for an adolescent(Boy and Girl)	10
6.	Adult man and women (a) Food habits and Nutritional requirements (b) Planning whole day's meal for adult man and women	10



7.	Nutrition during Pregnancy (a) Food habits and Nutritional requirements (b) Planning whole day's meal for pregnant mother	10
8.	Nutrition during Lactation (a) Food habits and Nutritional requirements (b) Planning whole day's meal for lactating mother	10
9.	Geriatric (elderly)Nutrition: (a) Physiological changes, Nutritional Requirement and Dietary Modification. (b) Planning nutrient rich recipes for an elderly	10
10.	E-survey and report writing of therapeutic diets/foods/formulas available for: Protein, Energy, Micronutrients- sodium, potassium, calcium, iron and Fibre	10

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 / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, 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.	Plan a balanced meal for different with reference to age, gender, occupation, income and nutritional needs.
2.	Plan meal as per RDA



Suggested References:

Sr. No.	References
1.	Requirement, ICMR Nutrient. " <i>Recommended dietary allowances for Indians.</i> " A report of the Expert Group of the Indian Council of Medical Research (2010).
2.	Gopalan, C., Sastri, B. R., & Balasubramanian, S. C. (2010). <i>Nutritive value of Indian foods</i> . Hyderabad: National Institute of Nutrition, Indian Council of Medical Research.

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

On-line Resources

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

