



(Master of Science-Home Science) (Foods and Nutrition)
(M.Sc.-H.Sc.) (Foods and Nutrition) Semester (II)

Course Code	PH02CFDN56	Title of the Course	Extension Activity
Total Credits of the Course	02	Hours per Week	04

Course Objectives:	1. To Gain knowledge on the preparation of various teaching aid tools on various nutritional deficiencies, therapeutic diet, nutrition during Pregnancy and lactation as well as for old age
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Course Content: Demonstration of recipes, power point presentation, lectures, role play and other activities on:

Unit	Description	Weightage (%)
1.	Planning and preparation of various activities such as demonstration of recipes, power point presentation, lecture, role play on nutritional deficiency diseases, Preventive health, Therapeutic diets, Nutrition during different physiological conditions, Geriatric Nutrition.	50
2.	Execution of all the above activities in the community. The target group are Anganwadi workers, Ladies of Mahila Mandal, adolescents and college going girls as well as other age groups.	50

Teaching-Learning Methodology	Class room lectures, talks and demonstrations, group discussion, presentations
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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, 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.	Interact with the community (target group) and disseminate the knowledge on importance of nutrition and nutritional deficiencies.
2.	Understand the meal pattern of the community and the reasons of nutritional deficiencies among them.
3.	Make the community aware of various low cost nutritional recipes for pregnant and lactating mothers as well as old age community.

Suggested References:

Sr. No.	References
1.	Park, K. (2007). <i>Parks Text Book Of Preventive & Social Medicine</i> . Banarsidas Bhanot Publishers.
2.	Jelliffe, D. B. (1966). <i>The Assessment of the Nutritional Status of the Community</i> . World Health Organization.
3.	Bamji, S. M., Krishnaswamy, K., & Brahman, G.N.V. (2019). <i>Textbook of Human Nutrition: (4th ed.)</i> . Oxford & IBH publishing Co.

