



(Master of Science –Home Science) (General Home Science)
(M.Sc.-H.Sc.) (General Home Science) Semester (I)

Course Code	PH01CGEN52	Title of the Course	Basic Aspects of Nutrition
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	<ol style="list-style-type: none">1. To make the students understand about the functions of various nutrients2. To gain the knowledge of importance of various nutrients for health3. Learn requirements and deficiency diseases of various nutrients
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Course Content		
Unit	Description	Weightage* (%)
1.	Introduction of nutrition: (a) Definition of nutrient, nutrition, health, malnutrition (b) Nutritional classification of foods and its role in balanced diet	5
2.	Energy: Energy, RDA, calorific value of foods, BMR, factors affecting BMR, physical activity, SDA, energy balance, positive energy balance, negative energy balance.	20
3.	Macronutrients: (a) Carbohydrates: classification, functions, food sources, RDA, digestion, absorption, dietary fibre, role of dietary fibre in health, effects of excess deficiency and intake. (b) Protein: classification, amino acids, types of amino acids, protein quality, food sources, functions, RDA, digestion, absorption, deficiency disease. (c) Lipid: classification, fatty acids, types of fatty acids, functions, food sources, RDA, digestion, absorption, deficiency and effects of excess intake.	30
4.	Vitamins: (a) Fat soluble vitamins: types, functions, food sources, RDA, deficiency disease (b) Water soluble vitamins: types, functions, food sources, RDA, deficiency disease	20
5.	Minerals : (a) Major minerals: types, functions, food sources, RDA, deficiency disease (b) Trace minerals: types, functions, food sources, RDA, deficiency disease	20





6.	Planning of nutritive recipes: Energy, protein, iron, beta carotene, etc.	5
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Teaching-Learning Methodology	Classroom lectures (Blackboard/Power Point Presentations), Discussion with suitable examples, Group discussion, Planning of recipe
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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.	Describe the functions and deficiency of macro and micronutrients.
2.	Gain the knowledge about recommended allowances and sources of macro and micronutrients.
3.	Plan nutritive recipes

Suggested References:	
Sr. No.	References
1.	Srilakshmi, B. (2006). <i>Nutrition science</i> . New Age International Publishers
2.	Gajalakshmi, R. (2014) <i>Nutrition science</i> . (1 st ed.) .CBS Publishers and Distributors.
3.	Mudambi, S. R. (2007). <i>Fundamentals of foods, nutrition and diet therapy</i> . New Age International.
4.	Schlenker, E.D. & Gilbert, J. (2015) <i>William's Essentials of Nutrition and Diet Therapy</i> . (11 th ed.). Elsevier Inc.





5.	Bamji, M.S., Rao, N.P., Reddy V. Eds. (2009). <i>Textbook of Human Nutrition</i> . (3rd ed.). Oxford and IBH Publishing Co. Pvt. Ltd
6.	Agrawal, A. & Udipi, S. A. (2014). <i>Textbook of Human Nutrition</i> . Jaypee Brothers Medical Publishers (p) Limited.
On-line resources to be used if available as reference material	
On-line Resources	
Nutrition, Science direct	
https://www.nin.res.in/	
https://epgp.inflibnet.ac.in/Home/ViewSubject?catid=444	





SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar, Gujarat
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