



	b) Cardio-vascular c) Problems of weight control.	
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Teaching-Learning Methodology	Classroom lectures (Blackboard/Power Point Presentations), Discussion on recent updates with examples
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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.	Students will apply the knowledge balanced meal and other factors affecting the meal during meal planning.
2.	Students will able to understand the different nutritional need at different stages of life.
3.	Students will gain the knowledge regarding the therapeutic diets during various disease conditions.

Suggested References:	
Sr. No.	References
1.	Corinne Hogden Robinson (1990). Normal and Therapeutic Nutrition
2.	B. Srilakshmi (2007): Dietetics
3.	Mudambi S.R. and RajaGopal M.V. (2012). Fundamentals of Food
4.	Ruth A. Roth (2007). Nutrition and Diet Therapy





5.	L. Kathleen Mahan and Sylvia Escott-Stump (2003). Krause's Food
6.	Corinne Hogden Robinson (1990). Normal and Therapeutic Nutrition

On-line resources to be used if available as reference material
On-line Resources
www.epgpathshala/homescience





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

Course Code	PH02CGEN24	Title of the Course	Practical based on PH02CGEN23
Total Credits of the Course	02	Hours per Week	04

Course Objective:	<ol style="list-style-type: none"> 1. To gain knowledge of people with nutritional need at different stages of life. 2. To understand the concept of diet planning for various disease conditions.
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Course Content		
Unit	Description	Weightage* (%)
1.	Planning of meals for the following stages of lifespan <ol style="list-style-type: none"> a. Adulthood b. Pregnancy c. Lactation d. Old age e. Infancy f. Childhood g. School going child –packed lunch 	50
2.	Diet planning for the following disease conditions <ol style="list-style-type: none"> a. Diarrhoea b. Constipation c. Fever d. Obesity e. Diabetes f. CVD 	50

Teaching-Learning Methodology	Classroom lectures (Blackboard/Power Point Presentations), Discussion on recent updates with examples
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Evaluation Pattern





Sr. No.	Details of the Evaluation	Weightage
1.	Internal 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.	Plan the meals by understanding nutritional needs of people at different stages of life.
2.	Plan therapeutic diets for various disease conditions.

Suggested References:	
Sr. No.	References
1.	Corinne Hogden Robinson (1990). Normal and Therapeutic Nutrition
2.	B. Srilakshmi (2007): Dietetics
3.	Mudambi S.R. and RajaGopal M.V. (2012). Fundamentals of Food
4.	Ruth A. Roth (2007). Nutrition and Diet Therapy
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