

MAHARAJA SUHEL DEV UNIVERSITY, AZAMGARH

B.A. First Semester Home Science (Minor)

Title - Fundamentals of Food and Nutrition

Max. Marks: 25+75=100

Credit- 6

Course outcomes:

- Students will get familiar with constituents of food.
- Prepare the students to understand physiology-based courses
- Students will get familiar with different methods of cooking
- Students will learn about the structure, composition, nutritional contribution of different food groups.

Unit I- Traditional Home Science and its Relevance in current era, Contribution made by Indian Home Scientists i.e. M. Swaminathan, C. V. Gopalan, S. K. Day, Ravindra Nath Tagore etc.

Unit II- Structure of human Cell.

Elementary anatomy, Physiology and functions of the following systems:

Digestive System, Respiratory system, Excretory system and Cardiovascular system.

Unit III- Food and Nutrition –

Food- Meaning, Definition, Importance, Classification and functions.

Nutrition- Definition and Concept of Nutrition.

Basal Metabolism- Definition, Factors affecting B.M.R.

Unit IV- Nutrients-

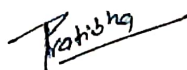
Macro Nutrients: Carbohydrate, Protein and Fats-Classification, sources, functions and deficiency diseases

Micro Nutrients: Vitamins and Minerals - Classification, sources, functions and their deficiency diseases.

Unit V- Basic Food Groups: Importance of basic food groups in diet, contribution of food stuffs and their importance in diet like cereals, pulses, nuts and oilseeds, vegetables, fruits, milk and milk products, egg, meat, fish, sugar and jaggery, spices, fats and oils.

Unit VI- Cooking Methods- Various cooking methods, their advantages and disadvantages. Preservation of Nutrients while Cooking.

Traditional methods of enhancing nutritional value of food- Germination, Fermentation, Food Fortification, Food synergy etc.



MAHARAJA SUHEL DEV UNIVERSITY, AZAMGARH

B.A. III Semester Home Science (Minor)

Title – Nutrition Science and Human Development

Max. Marks: 25+75=100

Credit- 6

Course outcomes:

- Create an awareness about importance of healthy meal at various stages of life cycle
- Inculcate healthy eating practices among students.
- Develop skill of meal planning for different physiological groups.
- Identify the biological and environmental factors affecting human development.
- Students will learn about the Physical & Psychological changes during Infancy, childhood and adolescence.
- Learn about the characteristics, needs and developmental tasks of different age group.

Unit I- Balanced Diet: Meaning, Definition, importance, factors affecting formulation of Balanced diet.

Meal Planning- Definition, importance, factors affecting meal planning.

Unit II- RDA: Recommended Dietary Allowances, reference man, reference woman.

Nutrition During Infancy, Childhood and Adolescence - Nutritional Requirement, RDA and Diet Plan.

Unit III- Nutrition during Old age: Nutritional Requirement and Diet Plan.

Nutrition During special conditions- Pregnancy and Lactation Nutritional Requirement, RDA and Diet Plan.

Unit IV- Definition and scope of Human Development.

Principles of development, Stages of development.

Developmental tasks of each stage.

Determinants of Development- heredity and environment.

Unit V- Prenatal Development and Birth Process: Conception, Pregnancy and Childbirth, Stages of birth, Types of delivery, Factors affecting pre-natal development.

Unit VI- Development with characteristics from Infancy to Adolescence: Physical and Motor Development, Cognitive and language development, Social and emotional development.

Lal

Krishna

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Vallari

Krishna