

Marks Scheme

Passing Theory and Internal Assessment

Maximum Marks		Minimum Marks	
Theory	Internal Assessment	Theory	Internal Assessment
80	20	32	08

GONDWANA UNIVERSITY GADCHIROLI

B.A. Home Economics

Semester – IV

PAPER –Health And Nutrition

FULL MARKS – 100

Semester Exam: 60 Marks

TIME –3 Hrs.

Internal Assessment:15 Marks

[TH – 60 + Pr.- 25 + IA = 15]

OBJECTIVE:

The following objectives are decided for B.A Semester IV / Home Economics / Program.

- To develop ability to improve the nutritional quality of food.
- To develop food preparation and care ability.
- To provide knowledge about causes, symptoms and role of diet management of diseases.
- To plan, calculate and prepare diets for common ailments.
- To comprehend concept of community nutrition, communication and understand the techniques of nutrition education.

Course content : Theory

Unit I

1.1 Basic food Groups – their sources and nutritional importance

1.2 Types of cooking –

i)Boiling ii) frying iii) roasting iv) steaming v) baking

1.3 Improving Nutritional quality of foods

i)Germination ii) Supplementation iii) Fermentation iv) Substitution v)

Fortification and enrichment

Unit II

2.1 Food Preservation—Meaning and Importance

Dehydration, Chemical preservation, By control of temperature, with use of sugar, Salt, Oil & Spices.

2.2 Food Spoilage – Causes and Remedies

2.3 Adulteration in food – Meaning,definition and effect

Milk, Chilli Powder, Tea, Turmeric, Rava, Tur Dal, Oil

Unit III

3.1 Principles of dietary management for therapeutic modification to normal

Diet . a) Liquid diet b) Soft diet c) Low fiber diet

3.2 Principles of Diet Therapy:

Modification of Normal diet for therapeutic purposes

Diarrhea

Piles

Anemia

Diabetes mellitus

Unit IV

Malnutrition in India

Resources of the family, Size and composition of the family

Dietary practices – food habits, food consumption pattern, food losses, customs and prejudice, ignorance.

Nutrition Education

Meaning and Definition

Objectives

Methods of Nutrition Education

PRACTICAL WORK

Time – 3 Hours

Marks – 25

- 1) Dishes by improving nutritional quality of food.
 - a. Mix Sprouted usal
 - b. Dosa
 - c. Veg Mung-dal Khichadi
 - d. Pav Bhaji
- 2) Food Preservation
 - a. Tomato / Tamarind Ketchup
 - b. Jam / Murabba
 - c. Pickle – Chilli/ Lemon
 - d. Squash / sarbat – Ambadi / Kokam / Moha
- 3) Regional Cookery
 - a. Dhokla
 - b. Veg Upma with chutney
 - c. Tilgul poli
 - d. Malpua
- 4) Calculation of Calories and Proteins of the Dish.

Enlisting the five rich sources of all nutrients with the help of nutritive value table

Practical Examination

Time – 3 Hrs

Total Marks – 25

Distribution of Marks

1. Preparation and Presentation of two Dishes	– 12
2. Calculation of Calories and Protein of the prepared dish	– 4
3. Enlisting four important sources of one nutrient	– 4
4. Viva	– 3
5. Record Book	– 2

Internal Assessment

Total Marks – 15

1. Unit test	–	5
2 .Attendance	–	5
3.Home Assignment	–	5

Private Candidate and Practical Work

In regard to the Practical work the private candidate should be instructed to complete the practical prescribed in the syllabus in the college affiliated to the Gondwana University and where this subject is taught. The record book should be duly signed by the Head of the Department or Principal of the College.

Private candidate should write to the Principal concerned in June for Semester III and November for Semester IV for information regarding the time of Practical classes which will be conducted for the private candidate.

Suggested Readings:

- 1) Dietetics: B.Srilaxmi, New Ae International Pvt.Ltd.Pub
- 2) Food science: B.Srilaxmi, New Ae International Pvt.Ltd.Pub
- 3) Food Preservation: H.A Modi, Avishkar Pub.
- 4) Food Technology: Harish Bhatt, Crescent Pub.Corp.
- 5) Diet & Health: H.V. Sardesai, Shrividya Prakashan
- 6) Nutrition and Dietetics: Triveni Farkade, Pimpalpure and pub.
- 7) Nutrition and Dietetics: Indira Khadse, Himalaya pub. House.
- 8) Poshan Aani Aarogya : Dr. Sandeepa Surjuse