

GONDWANA UNIVERSITY GADCHIROLI

B.A. Home Economics

Semester – III

PAPER – Food 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 III / Home Economics / Program.

- To promote basic knowledge pertaining to various food groups and nutrients.
- To relate the composition of foods to their various properties.
- To promote understanding of common nutritional disorders due to the deficiency of nutrients.
- To learn Principles of diet planning and plan balance diet of family members.

Course content : Theory

Unit I

- 1.1 Definition of Health, Nutrition and dietetics. Functions of food.
- 1.2 Dimensions of Health (physical, psychological, emotional, spiritual)
- 1.3 Digestive System-Organs and glands related to food digestion and their functions.

Unit II

2 Macro Nutrients

- 2.1 Proteins – Introduction, classification, function, sources, daily need and deficiency effect.

2.2 Carbohydrates - Introduction, classification, function, sources, daily need and deficiency effect.

2.3 Fats - Introduction, classification, function, sources, daily need and deficiency effect.

2.4 Water – Functions, sources, daily need and deficiency.

Unit III

3 Micro Nutrients

3.1 Vitamins – Functions, sources, daily need and deficiency effect

Water Soluble – vit. B complex – B₁, B₂, B₃, B₆, B₁₂, Folic acid

Vit. C

Fats Soluble- Vit. A,D,E,K.

3.2 Minerals – Functions, Sources, daily need and deficiency, effect

a. Major- i) Calcium ii) Phosphorus iii) Iron

b. Minor- i) Sodium ii) Iodine

Unit IV

4.1 Balance Diet – use of Balance diet in meal planning,

Factors affecting meal planning (nutritional, socio-cultural, religious, geographic, economic, availability)

4.2 Nutrition through life cycle – Pregnancy, Lactation, Infancy, Preschool, Adolescent, Adulthood, Old age.

4.3 Energy Requirement – Calorie requirements for Secondary, Moderate and Heavy Workers.

Factor affecting energy requirement–BMR, activity, age, climate, physiological condition.

PRACTICAL WORK

Time – 3 Hours

Marks – 25

1. Carbohydrates –
 - a) Sabudana Wada / Cabbage Pulao / Uttapam
 - b) Lavang lata / Jaggery Wheat flour ladu
2. Proteins –
 - a) Stuffed Soya Paratha / Mix Dalwada / egg curry
 - b) Mungdal Halwa / Khova Burfi
3. Fats –
 - a) Pudachi wadi /Chole Bhature /Palak Puri
 - b) Nankhatai / Cake
4. Vitamins –
 - a) Harabhara Kabab / Sprouted Usal / Veg Thalipith
 - b) Carrot Halwa / Lauki Halwa
5. Minerals –
 - a) Paneer Bhurgi / Drum sticks Bhaji / Mater Paneer
 - b) Jaggery Groundnut chikki / Mix chikki
- 6) Water –
 - a) Jaljira, Butter Milk, Fruit punch, Lemon Juice (any two)
 - Calculation of Calories and Particular Nutrient as per 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 Particular nutrient as per dish | – 4 |
| 3. Enlisting four important sources of one nutrient | – 4 |
| 4. Viva | – 3 |
| 5. Record Book | – 2 |

Internal Assessment

Total Marks – 15

- | | | |
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| 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. Nutrition and Dietetics: Triveni Farkade, Pimpalapur Publishes.
2. Diet and Nutrition: Shobha Whagmare, Vidya Books.
3. Diet Planning: Vrunda.Singh, shyam Prakashan
4. Aahar-Vigyan : Sudha Narayan, Research Publishars.
5. Food and Nutrition : Indira Khadse,Himalaya pub. House
6. Science in Kitchen: Varshs Joshi,Rohan Prakashan
- 7.Poshan Aani Aarogya : Dr. Sandeepa Surjuse