

Syllabus for Under Graduate Certificate Programme of Home-Science

Semester-I

Minor Theory Paper - IA

Human Nutrition

HSC-MN-1A(T)
Credit -03 (Lecture-45)

Full Marks 75
SIE-15
ESE-60
Pass Marks-30
Hours:3

Instructions to Question Setter for Semester Internal Exam

There will be two groups of questions. Question No. 1 will be very short answer type in Group A consisting of five questions of 1 mark each. Group B will contain descriptive type two questions of 5 marks each, out of which any one to answer. Class attendance score of 5 marks.

Instructions to Question Setter for End Semester Exam (ESE):

There will be two group of questions Group A is compulsory which will contain three questions. Question no, 1 will be very short answer type (MCQs, True/False, Fill in the blanks etc.) consisting of five questions of 1 mark each. Question nos. 2 and 3 will be short answer type of 5 marks each. Group B will contain Descriptive type five questions of fifteen marks each, out of which any three are to answer.

Learning Objectives:

1. To understand the vital link between foods, nutrition and health.
2. Gain knowledge on functions, requirement and effects of deficiency of nutrients.
3. To understand the basic concept of food and nutrition, role of various nutrients and their requirement, deficiency and excess.

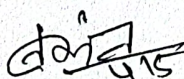
THEORY

UNIT-I- Basic concepts of nutrition

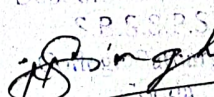
- Basic terms used is nutrition
- Understanding relationship between food, nutrition and health
- Function of food : physiological, psychological and social
- Basic food groups and concept of balanced diet.

UNIT-II- Nutrients

- Energy – Functions, sources and concept of energy balance.
- Functions, recommended dietary allowances, dietary sources, effects of deficiency and excess consumption on health of the following nutrients.
- Carbohydrates and dietary fibre.
- Lipids
- Fat soluble vitamins – A, D, E and K


Principal
Millat College, Parsa
Godda

Dr. Kumeri Nivedita S. 4
Dept. of Home Science
S.P.S.S.P.S.


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- Water soluble vitamins – Thamin, Riboflavin, Naicin, Pyridoxine, Vitamin-B,12 and Vitamin-C
- Minerals – Calcium, Iron, Zinc and Iodine.

UNIT-III- Nutritional requirements for the following life stages :

- Infant
- Pre-school children
- School going children
- Adolescent children
- Adult men/women
- Old age
- Pregnant woman and lactating woman

Recommended Books:

- | | |
|------------------------|--------------------|
| 1. Food & Nutrition | : MS. Swaminathan |
| 2. Food Science | : Mudambi, S.R. |
| 3. Nutritional Science | : B. Srilakshmi |
| 4. Aahar & Poshan | : Barma & Pandey |
| 5. Poshan Vigyan | : S.P. Sukhiya |
| 6. Aahar Poshan Vigyan | : Dr. Asha Kumari. |

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Principal
Millat College, Parsa
Godda

Pr. Kumari Nivedita Singh
Dept of. Home Science
S.B.S.S.P.S.I
College Pathargama
Godda

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Syllabus for Under Graduate Certificate Programme of Home Science

Semester-I

Minor Paper Practical – IA

HSC-MN-1A(P)

Full Marks:25

Credit: 01(Lecture 30)

Pass Marks: 10

Hours: 4

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 4Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Experiment = 15 marks

Practical record notebook = 05 marks

Viva-voce = 05 marks

PRACTICALS

UNIT-I – Identification and preparation of chart on following nutrients :

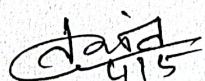
Energy, Protein, Calcium, Fiber, Vitamin-A, Ascorbic acid and Vitamin-B.

UNIT-II – Presentation of all the basic food groups on chart paper.

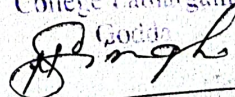
UNIT-III – Meal Planning and Preparation of food items by using basic food groups for :

- Adult man/woman of different activity levels
- Pre-school children
- School going children
- Adolescent children
- Pregnant woman
- Infancy.

Note :- No Internal Examination


Principal
Millat College, Parsa
Godda

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