# Food and Nutrition - Lesson Plan

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| Time allocated | Work to be covered | Teaching method/learner activities | Resources |
| Session 1  1. 5 Hours - Study  1.5 Hours – Assignment | 7.0 Introduction to Food and Nutrition  7.1 Explain the Definition of Nutrition, Food and Health.    7.2 Describe the Importance of Nutrition. | * Self study * Tutor explanation | * PowerPoint Presentations * Multimedia Resources |
| Session 2  1. 5 Hours - Study  1.5 Hours – Assignment | 7.3 Discussion on Class of Nutrients.  7.3.1. PROTIENS  7.3.2.CARBOHYDRATES  7.3.3. FATS  7.3.4. VITAMINS  7.3.5. MINERALS  7.3.6. WATER | * Self study * Tutor explanation | * PowerPoint Presentations   Multimedia Resources |
| Session 3  1. 5 Hours - Study  1.5 Hours – Assignment | 7.4. Discussion on Changing Concept of Nutrition.  7.5. Explain what is the relation between Nutrition and Health. | * Self study * Tutor explanation | * PowerPoint Presentations   Multimedia Resources |
| Session 4  1. 5 Hours - Study  1.5 Hours – Assignment | 7.6. Describe and Brief about Functions of Food and Nutrition.  7.7. Explain on States Of Nutrition.  - Nutritionally Balanced Diet.  - The Food Pyramid. | * Self study * Tutor explanation | * PowerPoint Presentations * Multimedia Resources |