

Draft UG Syllabus -
FOOD and NUTRITION

West Bengal State University
2023

Semester wise Outline Structure: Minor courses

Semester(s)	Course Codes (Credit)
Semester 1	MA-1 (5)
Semester 2	MA-2 (5)
Semester 3	MA-3 (5)
Semester 4	MA-4 (5)
Semester 5	MA-5 (5)
Semester 6	MA-6(5)

upto Semester 6

Note: A 5 credit Course will have 3 credit Theory and 2 credit Practical;
45 lecture hours may be allotted for a 3 credit Theory Course

SEMESTER 1

Course Objectives: To provide elementary idea on different aspects of Food and Nutrition, and make it academically interesting to the students

CORE COURSE (DS) FNTGMA01T: Elementary Food and Nutrition

Course Objectives: To provide elementary idea on different aspects of Food and Nutrition, and make it academically interesting to the students

1. Introduction to Food and Nutrition

Definition of Food, Nutrition, Nutrient, Dietetics, Balance diet, Malnutrition, Energy, BMR

2. Food and Nutrients

Carbohydrate, Protein, Fat, Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine,) - sources, classification, chemistry, functions, deficiencies of these nutrients. Functions of water and dietary fibre.

3. Food groups

Basic food groups: Types, composition, nutritional significance, role of cookery of cereals, pulses, milk and milk products, meat, fish, egg, vegetables and fruits, nuts, oil and sugar.

4. Deficiency Diseases: Elementary idea about deficiency diseases related to food and nutrition

PRACTICAL

1. Elementary idea of weights and measures.
2. Preparation of dishes from different food groups.
3. Planning and preparation of diet for an adult female and male.

Course Outcome: students should be able to possess working knowledge in Food and Nutrition after completing the particular course