

Gujarat Technological University

Home Science

Semester - II

Subject Name: **Elementary Nutrition**

Subject Code: **320035**

Teaching Scheme				Evaluation Scheme		
Theory	Tutorial	Practical	Total	University Exam (Theory) (E)	Mid Sem Exam (Theory) (M)	Internal Assessment (I)
4	0	4	8	70	30	50

1. RATIONALE:

The course enables the student to gain knowledge an importance of food, selection and learn various techniques of cooking. Nutrition is the basic need to maintain good health and the students learns about the importance of various food, nutrients and their requirement in different conditions.

SCHEME OF TEACHING:

Topic No.	Name of Topic	Lecture Hour	Practical Hour	Total Hour
1.	Nutrients	14	14	28
2.	Source Of Vitamins	14	14	28
3.	Effects Of Nutrients	14	14	28
4.	Food Groups	14	14	28
	Total	56	56	112

OBJECTIVES:

To enable students to know about food and nutrients.

Sr. No.	Course Content:
1.	Nutrients: 1.1 Introduction to nutrition and nutrients 1.2 Requirement for child and adult.
2.	TYPES OF NUTRIENTS 2.1 Function of Nutrients 2.2 Sources of Nutrients 2.2.1 Protein 2.2.2 CHO 2.2.3 Minerals 2.2.4 Vitamins: A,B,C,E,F & K 2.2.5 Fat

3.	EFFECTS OF NUTRIENTS 3.1 Energy source 3.1.1 Physiological full value of food 3.2 Relation of Nutrition to health 3.3 Deficiencies of Nutrients 3.3.1 Diseases due to deficiencies 3.3.2 Preventive measures.
4.	FOOD GROUPS : 4.1 Daily requirements of food group for adult.

Laboratory Experiences:

Planning and recipes for

1. Protein rich recipes.
2. Vitamin rich recipes.
3. CHO rich recipes.
4. Calcium rich recipes.
5. Iron rich recipes.
6. Minerals rich recipes.
7. Recapped food fortification.
8. Plan and calculate Nutrient value with the help of computer.

6. TERM WORK:

Preparation of file for laboratory experiences

7. REFERENCE Books:

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| 1. | Applied nutrition | R. Rajlaxmi. | Mohan Primluin Oxford & IBH. Publishing Co. |
| 2. | Human Nutrition | Maxim E Macdivitt & Sumar Rajgagata | Presenstice hall of India Mudamb Printed new delhi. |
| 3. | Nutrient value of Indian foods and Planning of Satisfactory Diet | W.R.Avk Royal | Indian council of medical Medical research New Delhi |
| 4. | Your food | M.R. Mansi | Pub. Tat Sons Limited & Padma Pub. LTD Bombay |
| 5. | Nutritive value of Indian foods | C.Gopalan, B.V. Ramshtri S.C. Balasubrmianiam | |

