



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
Generic Electives (UG 2022 – 23)

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	TwoTer m Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GUFN301	GE	Basics of Nutrition	60	20	20	0	0	4	0	0	4

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation inClass, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The students will:

CEO1: develop understanding about human nutrition components and their requirements.

CEO2: gain knowledge about role of various nutrients, sources and storage.

Course Outcomes (COs): Student should be able to:

CO1: understand the role of various nutrients.

CO2: comprehend about energy metabolism and concept of balanced diet.

CO3: recognize Classification, functions and sources of macro and micro nutrients.

Syllabus

UNIT I

Introduction to human nutrition-

- Macronutrients - Classification and functions.
- Micronutrients- Classification and functions.

Chairperson

Board of Studies
Shri Vaishnav Vidyapeeth
Vishwavidyalaya, Indore

Chairperson

Faculty of Studies
Shri Vaishnav Vidyapeeth
Vishwavidyalaya, Indore

Controller of Examinations

Shri Vaishnav Vidyapeeth
Vishwavidyalaya, Indore

Joint Registrar

Shri Vaishnav Vidyapeeth
Vishwavidyalaya, Indore



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
Generic Electives (UG 2022 – 23)

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GUFN301	GE	Basics of Nutrition	60	20	20	0	0	4	0	0	4

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation inClass, given that no component shall exceed more than 10 marks.

UNIT II

- Energy metabolism- Components of energy expenditure,
- Basal Metabolic Requirements and BodyMass Index,
- Recommended Dietary Allowances
- Concept of a balanced diet.

UNIT III

- Carbohydrates- Introduction, Classification sources and functions
- Proteins- Introduction, Classification sources and functions.

UNIT IV

- Fat-Introduction, Classification sources and functions.
- Vitamin- Introduction, Classification sources and functions.

UNIT V

- Minerals- Introduction, Classification sources and functions.

Chairperson

Board of Studies
 Shri Vaishnav Vidyapeeth
 Vishwavidyalaya, Indore

Chairperson

Faculty of Studies
 Shri Vaishnav Vidyapeeth
 Vishwavidyalaya, Indore

Controller of Examinations

Shri Vaishnav Vidyapeeth
 Vishwavidyalaya, Indore

Joint Registrar

Shri Vaishnav Vidyapeeth
 Vishwavidyalaya, Indore



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG 2022 – 23)

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Ter m Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GUFN301	GE	Basics of Nutrition	60	20	20	0	0	4	0	0	4

Suggested Books:

- Srilakshmi, B. (2017), *Nutrition Science*. 6th Multicolor Ed. New Age International Publishers.
- Bamji, M. S., Krishnaswamy, K., & Brahman, G. N. V. (2013). *Textbook of human nutr* Oxford & IBH.
- Potter, N. N., & Hotchkiss, J. H. (2012). *Food science*. Springer Science & Business Media.
- Swaminathan, M (2005). *Handbook of Foods and Nutrition*, Ganesh and Co. Pvt. Ltd. Madras

Chairperson

Board of Studies
 Shri Vaishnav Vidyapeeth
 Vishwavidyalaya, Indore

Chairperson

Faculty of Studies
 Shri Vaishnav Vidyapeeth
 Vishwavidyalaya, Indore

Controller of Examinations

Shri Vaishnav Vidyapeeth
 Vishwavidyalaya, Indore

Joint Registrar

Shri Vaishnav Vidyapeeth
 Vishwavidyalaya, Indore