



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System(CBCS) in Light of NEP-2020
Generic Elective for PG program

| 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 | | | | |
| GPFN404 | GE | Applied Nutrition | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 |

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

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

Course Educational Objectives (CEOs): The students will -

- CEO1: understand basic knowledge of Nutrition
- CEO2: comprehend with application of Nutrition.

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

- CO1: Comprehend intricacies of nutrition support in applied aspects with importance of nutrition for health and fitness in especial condition and its disorder.
- CO2: inculcate concept of immunity and immunity in varying nutritional states.
- CO3: understand with food safety and hygiene, food labels and dietary guidelines

Syllabus

Unit 1: Introduction to Nutrition

- Definition and scope of nutrition
- Historical perspectives and importance of applied nutrition
- Nutrition and health: The relationship between food, nutrition, and health.

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Unit 2: Food Composition and Nutritional Value

- Nutritional analysis of food items.
- Food labels and dietary guidelines.
- Functional foods and nutraceuticals.

Unit 3: Health and Fitness

- Nutritional requirement for Health and Fitness
- Role of nutrition in skin and hair care
- Food allergies and Anti-aging foods.

Unit 4: Food Safety and Hygiene

- Foodborne illnesses and prevention
- Food safety standards and regulations
- Importance of hygiene in food preparation and storage.

Unit 5: Nutrition and immunity

- Basics of immunity.
- Nutrition in infections.
- Immunity in varying nutritional states.

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Suggested Readings:

- Sohi, D. and Randhawa T. (2022). *Textbook of Applied Nutrition & Dietetics*. S. Vikas and Company.
- Wardlaw, G. (2010). *Contemporary Nutrition and Diet Therapy*. Benchmark publications.
- D Souza. and Pradhan, S.B.S. (2010). *Handbook Of Applied Nutrition, Diet therapy & Diet Management*. D Publishers and Distributors Pvt Ltd.
- Whitney, E.R and Rodney Roltes, S. (1996). *Under Standing Nutrition*. West Publishing Company, New York, USA.
- Shils. M.E. (2006). *Modern Nutrition in Health and Disease*. Lippincot, Williams & Williams, USA.
- Mahan, L.K. & Escott Stump, S. (2000). *Krause's Food Nutrition and Diet Therapy*. WB Saunders & Co. London.

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