



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG 2021 – 22)

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teacher's Assessment	End Sem University Exam	Teacher's Assessment				
GUFN103	GE	Introduction to Human 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: develop understanding about human nutrition components and their functions.

CEO2: gain knowledge about various nutrients, its sources and different cooking methods.

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

CO1: understand the importance of food and nutrition.

CO2: comprehend about food groups, balanced diet and BMI.

CO3: recognize functions, sources and deficiencies of macro and micronutrients.

CO4: understand the importance of different cooking methods and methods to increase quality of foods.

Syllabus

UNIT I

Basic concepts in food and nutrition: basic terms used in study of food and nutrition, understanding relationship between food, nutrition and health, functions of food-Physiological, psychological and social.

UNIT II

Food groups and its types. concept of balanced diet, food pyramid and body mass Index.

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UNIT III

Nutrients: functions, dietary sources and clinical manifestations of deficiency/ excess of the following nutrients- Carbohydrates, lipids and proteins, fat soluble vitamins, water soluble vitamins and minerals.

UNIT IV

Methods of cooking: Dry, moist, frying and microwave cooking. Advantages, disadvantages and the effect of various methods of cooking on foods.

UNIT V

Nutrient losses in cooking and enhancing the nutritional quality of foods: Supplementation, Germination, Fermentation and Fortification.

Suggested Books:

- Bamji, M.S. Krishnaswamy, K. Brahmam G. (2009). *Textbook of Human Nutrition*, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
- Srilakshmi, B. (2015). *Food Science*, 4th Edition. New Age International Ltd.
- Swaminathan, M. (2005). *Handbook of Foods and Nutrition*, Ganesh and Co. Pvt. Ltd. Madras.
- Raina, U. Kashyap, S. Narula, V. and Vir, S. Chopra, S. (2010). *Basic Food Preparation: A Complete Manual*, Fourth Edition. Orient Black Swan Ltd.

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