

**RISHI BANKIM CHANDRA COLLEGE FOR WOMEN****DEPARTMENT: FOOD AND NUTRITION (GENERAL)****CURRICULUM PLANNING 2024-2025 ODD SEMESTER (I, III, V)**

Semester/Year	Syllabus Module/Unit	Teacher	Tentative Period of Completion
SEM I	<b>Core Course (DS)</b> <b>FNTGMA01T: Elementary Food and Nutrition</b> 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 the nutrients, Functions of water and dietary fibre. 3.Food Groups: Basic food groups: Types- cereals, pulses, vegetables including GLVs and roots and tubers, nuts and oil seeds, fruits, dairy, flesh foods, spices. <b>Practical:</b> 1. Elementary idea of weight and measures. 2. Preparation of dishes from different food Groups. 3. Planning and preparation of diet for an adult female and male.	P.P	August
		D.D	August-December
		D.D	
		P.P	December
		P.P+D.D	September-December
		T.S	August-December

Semester/ Year	Syllabus Module/Unit	Teacher	Tentative Period of Completion
SEM III	<b>FNTGCOR03T: COMMUNITY, NUTRITION AND HEALTH ASSESSMENT (THEORY)</b> 1. Introduction to Community: Concept. Concept of community nutrition, Community health: concept and factors affecting it. 2. Nutritional Assessment: Concept and elementary idea on methods of assessment, Vital health statistics. 3. Diet Survey: Principle, types, 4. Elementary idea on role of different international and national organization - FAO, WHO, ICMR, ICAR, CSIR, Role of voluntary health organizations in the improvement of Community health. 5. Programmes for Improvement in Nutrition 6. Nutrition Education: concept and methods.	D.D	November
		D.D	
		P.P	January-February
		P.P	February
		T.S	November-February
		P.P	February
		D.D	February
	<b>FNTGCOR03P: COMMUNITY, NUTRITION AND HEALTH ASSESSMENT(PRACTICAL)</b> 1. Anthropometric Measurements – Body Height, Body Weight, circumferences; BMI 2. Clinical assessment and signs of nutrient deficiencies. 3. Diet survey 4. Preparation of homemade ORS. 5. Preparation of low-cost nutritious tiffin for school going children.		

<b>SEM V</b>	<p><b>Food additive and food safety:</b></p> <p><b>1. Concept of food safety, factors affecting food safety, Food additives- various types and their effects on health.</b></p> <p><b>2. Food spoilage: Cereals, Pulses, Vegetables &amp; Fruits, Milk &amp; milk products, Fleshy foods, Fats &amp; oils. Food borne infections &amp; infestation.</b></p> <p><b>3. Food adulterants: PFA definition of food adulteration, Common adulterants in food and their effects on health, Common household methods to detect adulterants in food.</b></p> <p><b>4. Food laws and regulatory authority: Prevention of Food Adulteration (PFA) Act, Regulating authority- Codex Alimentarius, ISI, Agmark, Fruit Products Order (FPO), Meat Products Order (MPO), Bureau of Indian Standards (BIS), MMPO, FSSAI.</b></p> <p><b>5. Food Preservation</b> Food Preservation – Definition, Objectives, Methods – main principle, procedure, common examples.</p> <p><b>6. Food adjuncts and preserved products</b> Spices (Chilies, Turmeric, Garlic and Ginger), use and nutritional aspect. Jams, Jellies, Squashes–uses and nutritional aspects.</p> <p><b>Internal Assessment will be Organized and Script Will be Checked By:</b></p> <p><b>FNTGDSE02P- FOOD SAFETY AND FOOD PROCESSING(PRACAL)</b></p> <p><b>1. Detection of common</b></p>	<p><b>D.DAS</b></p> <p><b>T.S</b></p> <p><b>T.S</b></p> <p><b>D.DAS</b></p> <p><b>D.DAS</b></p> <p><b>D.DAS</b></p> <p><b>D.DAS</b></p>	<p><b>December</b></p> <p><b>September</b></p> <p><b>October-November</b></p> <p><b>November-December</b></p> <p><b>September</b></p> <p><b>September</b></p> <p><b>December</b></p>

	<p>adulterant in food</p> <p>i) Khesari flour in besan</p> <p>ii) Vanaspati in Ghee/Butter</p> <p>iii) Dried papaya seeds in black pepper</p> <p>iv) Metanil yellow in turmeric or coloured sweet products.</p> <p>v) Artificially foreign matter in tea (dust/leaves).</p> <p>2. Preparation of Jam, Jelly, Pickle and Sauce</p> <p><b>Internal Assessment will be Organized and Script Will be Checked By:</b></p>	<p><b>D.DAS</b></p> <p><b>D.DAS</b></p> <p><b>D.DAS</b></p>	<p><b>September</b></p> <p><b>November</b></p> <p><b>December</b></p>
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