

DEPARTMENT OF FOOD AND NUTRITION
SYLLABUS MODULE-CCF CURRICULUM (IDC)

Course	Topic	Faculty	No of classes
BASIC NUTRITION AND FOOD SCIENCE (THEORY)	1. Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Balance diet, Malnutrition, Energy (Unit of energy – Joule, Kilocalorie).	Sohini Roy	2
	2. Carbohydrate, Protein, Fat, Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine)- sources, classification, functions, deficiencies of these nutrients. Functions of water and dietary fiber.	Arpita Srimani	12
	3. B.M.R: Definition, factors affecting B.M.R. and Total Energy Requirement (Calculation of energy of individuals).	Debarati Mukherjee	2
	4. Basic five food groups: Nutritional significance of cereals, pulses, milk, meat, fish, vegetable, egg, nuts, oils, sugar.	Sohini Roy	12
	5. Principles and objectives of meal planning. Diet for an infant (Breast feeding versus Bottle feeding). Preschool child, school child, Normal male and female of different occupation.	Sohini Roy	10
	Continuous Internal Evaluation (VIVA-VOCE)	Sohini Roy	2
BASIC NUTRITION AND FOOD SCIENCE (PRACTICAL)	Elementary idea of weight and measure.	Arpita Srimani	2
	Planning and preparation of diet for an adult	Arpita Srimani	6
	Preparation of different types of nutritious tiffin for pre-schooler and school going Children.	Sohini Roy	4