

## **SUMMARY OF LESSON PLANS OF COLLEGE FACULTY**

**Name of College:** G.V.M. Girls College Sonipat

**Academic Session:** 2017-18

**Semester:** Odd

<i><b>S. No.</b></i>	<i><b>Name of Assistant/Associate Professor</b></i>	<i><b>Subject</b></i>	<i><b>Topics/Chapters to be covered</b></i>	<i><b>Academic activity to be organized</b></i>	<i><b>Topic of Assignments/Tests to be given to the students</b></i>
1	<b>KARUNA CHANDNA</b>	B.Sc. HOME SCIENCE Semester – I Basic Foods	<b>UNIT-1</b> 1-8-17 TO 22-8-17 a. Food – Definition and functions. b. Food groups and food guide pyramid c. Food Intake and regulation of hunger. <b>concerned practical to be covered ( two )</b>	Yakult	Food groups and food guide pyramid
			<b>UNIT-2</b> 23-8-17 TO 5-9-17 a. Basic terminology used in food preparation. b. Cooking : 1. Definition, Objectives and principles of cooking. 2. Different methods of cooking , their advantages and disadvantages. <b>concerned practical to be covered ( one )</b>	visit at dominos pizza	Different methods of cooking , their advantages and disadvantage.
			<b>UNIT-3</b> 6-9-17 TO 20-9-17 a. Basic terminology used in food preparation. b. Cooking : 1. Definition, Objectives and principles		

			<p>of cooking.</p> <p>2. Different methods of cooking , their advantages and disadvantages. concerned practical to be covered ( one )</p>		
			<p>UNIT-4</p> <p>6-10-17 TO 30-10-17</p> <p>a. Food adulteration, types of adulterants, adulterants in common foods.</p> <p>b. Pesticide residues in foods.</p> <p>c. Food laws and standards – PFA , Essential Commodities Act, FPO, AGMARK, BIS.</p> <p>concerned practical to be covered ( two )</p>		
	<b>KARUNA CHANDNA</b>	<p>B.Sc. HOME SCIENCE</p> <p>Semester – III</p> <p>Food Science-1</p>	<p>UNIT-1</p> <p>1-8-17 TO 22-8-17</p> <p>1. Food science and its application.</p> <p>2. Food technology and future foods. Biofortification ,Nutraceuticals, Organic foods, Space foods, Packaging of foods, Biotechnology.</p> <p>concerned practical to be covered ( three )</p>		Food science and its application
			<p>UNIT-2</p> <p>23-8-17 TO 5-9-17</p> <p>3.Cereals and cereal products – composition and nutritive value of wheat , rice, their milling and processing ,storage, use in various preparations, millets like corn, jowar, ragi, bajra, Cereal cookery, Breakfast cereal,</p> <p>concerned practical to be covered ( two )</p>		Cereals and cereal products – composition and nutritive value of wheat , rice, their

			<p>UNIT-3 6-9-17 TO 20-9-17</p> <p>4. Pulses and legumes- nutritive value , processing , storage, toxic constituents, pulse. cookery, variety.</p> <p>5)Fats and Oils- Nutritional importance, types, composition, processing, rancidity, smoking point ,storage, use in different preparations, specific nuts and oilseeds - their nutritive value ( in brief) concerned practical to be covered ( two )</p>		<p>Pulses and legumes- nutritive value, processing, storage, toxic constituents, pulse.</p>
			<p>UNIT-4 6-10-17 TO 30-10-17</p> <p>6 Milk and milk products- composition, nutritive value, effect of heat ,acid and enzymes. ,processing, storage, use in different preparations., milk products. 7.. Sugar and related products- nutritive value, properties, sugar related products , stages. in sugar cookery, sugar cookery, artificial sweeteners. concerned practical to be covered ( two )</p>		<p>Milk and products- composition, nutritive value, effect of heat, acid and enzymes, processing, storage, use in different preparations, milk products.</p>
	<b>KARUNA CHANDNA</b>	B.Sc. HOME SCIENCE Semester – V ,COMMUNITY NUTRITION	<p>UNIT-1 1-8-17 TO 22-8-17</p> <p>Nutritional problems of the community and implications for public</p> <ul style="list-style-type: none"> <li>· Common problems in India</li> <li>· Causes – nutritional and non-nutritional.</li> </ul> <p>concerned practical to be covered ( one )</p>	YAKULT	<p>Common problems in India</p> <p>Causes – nutritional and non-nutritional.</p> <ul style="list-style-type: none"> <li>· Causes – nutritional and non-nutritional.</li> </ul>

			<p>UNIT-2 23-8-17 TO 5-9-17</p> <ul style="list-style-type: none"> <li>· Prevalence, causes, signs and symptoms, prevention and treatment of PEM, Vitamin A deficiency, iron deficiency anaemia, iodine deficiency and fluorosis.</li> </ul> <p>concerned practical to be covered ( one )</p>		<p>Prevalence, causes, signs and symptoms, prevention and treatment of PEM,</p>
			<p>UNIT-3 6-9-17 TO 20-9-17</p> <p>Schemes and programs to combat nutritional problems in India</p> <ul style="list-style-type: none"> <li>· Prophylactic Programmes</li> <li>· Midday meal programme.</li> <li>· ICDS</li> </ul> <p>concerned practical to be covered ( one )</p>		<p>Schemes and programs to combat nutritional problems in India</p> <ul style="list-style-type: none"> <li>· Prophylactic Programmes</li> <li>· Midday meal programme.</li> <li>· ICDS</li> </ul>
			<p>UNIT-4 6-10-17 TO 30-10-17</p> <p>Assessment of nutritional status – dietary survey, anthropometric measurements, clinical survey, bio-physical and biochemical tests, vital statistics.</p> <p>concerned practical to be covered ( two )</p>	visit at domino's pizza	<p>Assessment of nutritional status – dietary survey, anthropometric measurements, clinical survey, bio-physical and biochemical tests, vital statistics.</p>

	<b>KARUNA CHANDNA</b>	B.Sc. HOME SCIENCE Semester – v ,Normal Nutrition	UNIT-1 1-8-17 TO 22-8-17 1. Definition of health and Nutrition. Effect of nutrition on health. Energy requirements, Factors affecting energy requirements – BMR, Activity, age, climate, SDA, physiological conditions. concerned practical to be covered ( three )	YAKULT	Definition of health and Nutrition. Effect of nutrition on health. Energy requirements, Factors affecting energy requirements – BMR, Activity, age, climate, SDA, physiological conditions.
			UNIT-2 23-8-17 TO 5-9-17 2. Concept of nutritionally adequate diet and meal planning. a) Importance of meal planning. b) Factors affecting meal planning. Nutritional, Sociocultural, religious, geographic, economic, availability of time an material resources. concerned practical to be covered ( two )	visit at domino's pizza	Concept of nutritionally adequate diet and meal planning. a) Importance of meal planning. b) Factors affecting meal planning. Nutritional.
			UNIT-3 6-9-17 TO 20-9-17 3.Nutritional requirements, nutritional problems and food selection during--- i)Adulthood ii )pregnancy iii) lactation iv) old age concerned practical to be covered ( two )		Nutritional requirements, nutritional problems and food selection during--- i)Adulthood ii )pregnancy iii) lactation iv) old age

			UNIT-4 6-10-17 TO 30-10-17 4.Nutritional requirements, problems and food selection during infancy, preschool, school going and adolescence. concerned practical to be covered ( three )		Nutritional requirements, problems and food selection during infancy, preschool, school going and adolescence.
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