**Lesson plan – Vth semester, 2022-2023**

**Name of Assistant Professor: Mamta Rani**

**Subject:- Foods and Nutrition (Tentative)**

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| **22 August, 2022** | **Chapter 1 : Food** |
| Day 1 | Introduction |
| Day 2 | Classification of foods |
| Day 3 | **Chapter 2 : Energy giving food- Carbohydrate** |
| Day 4 | Introduction and classification |
| Day 5 | Misbalance of carbohydrates |
| Day 6 | RDA for different age groups |
| **29 August, 2022** | **Chapter 3 : Body building nutrient-Protein** |
|  | Assignments |
| Day 1 | Introduction |
| Day 2 | Classification |
| Day 3 | Effects of protein Deficiency |
| Day 4 | Deference between kwashiorkor and marasmus |
| Day 5 | Management of PEM |
| Day 6 | Summary |
| **5 September 2022** | **Chapter 4 : Energy giving Nutrients- Fats and Lipids** |
|  | **Assignments** |
| Day 1 | Introduction |
| Day 2 | Classification of Fats and Lipids |
| Day 3 | Functions of fats and properties of fats |
| Day 4 | Management of excessive fat intake |
| Day 5 | **Chapter 5 : Body building Nutrients – minerals**  Introduction and classification of minerals |
| Day 6 | Major mineral- Calcium and functions of calcium |
| **12 September 2022** | **Chapter 5 : Body building Nutrients - minerals** |
|  | **Assignments** |
| Day 1 | Factors affecting absorption of Calcium |
| Day 2 | Hypocalcaemia , Hypercalcaemia and RDA |
| Day 3 | Phosphorus - Effects of phosphorus deficiency and sources of phosphorus |
| Day 4 | Potassium |
| Day 5 | Sodium |
| Day 6 | Effects of Sodium deficiency and effects of excessive intake |
| **19 September 2022** | **Chapter 5 : Body building Nutrients – minerals** |
|  | **Assignments** |
| Day 1 | Trace Minerals-Iron (Introduction) |
| Day 2 | Effects of Iron deficiency |
| Day 3 | Types of Anaemia |
| Day 4 | Factors affecting Iron Absorption |
| Day 5 | Iodine- Introduction |
| Day 6 | Effects of Iodine deficiency |
| **27 September 2022** | **Chapter 6: Protective Nutrients- Vitamins** |
|  | **Assignments** |
| Day 1 | Introduction and classification |
| Day 2 | Fat soluble vitamin – Vitamin A |
| Day 3 | Deficiency of vitamin A |
| Day 4 | Vitamin D,E,K |
| Day 5 | Vitamin B 1,B2 and B3 |
| Day 6 | Vitamin B6,B12 and Vitamin C |
| **09 October 2022** | **Chapter 7 :Protective Nutrient- Water** |
| Day 1 | Introduction and Functions |
| Day 2 | **Chapter 8 : Dietary Fiber** |
| Day 3 | **Chapter 9 : Principals and Methods of cooking**  Introduction, Principals and Methods of cooking |
| Day 4 | **Chapter 10 : Methods of enhancing Nutritive value of food stuffs** |
| Day 5 | **Chapter11 : Food Preservation**  Introduction, Causes of Food Spoilage |
| Day 6 | **Chapter 12 : Balanced Diet**  Introduction, Food groups, Factors affecting balanced diet |
| **15 October 2022** | **Chapter 13 : Meal Planning** |
|  | **Assignments** |
| Day 1 | Principles and meal planning |
| Day 2 | **Chapter 14 : Meal Planning for Children** |
| Day 3 | **Chapter 15 : Meal Planning During Adolescent**  RDA and factors affecting |
| Day 4 | **Chapter 16 : Meal Planning for Adults**  Stages and factors affecting |
| Day 5 | **Chapter 17 : Meal Planning for pregnant women**  Stages of pregnancy and factors affecting meal planning |
| Day 6 | **Chapter 18 : Meal Planning for lactating women**  Stages of lactation and factors affecting |
| **26 October 2022** | **Chapter 19 : Therapeutic adaptation of the normal diet** |
|  | **Assignments** |
| Day 1 | Introduction , types of therapeutic diet |
| Day 2 | **Chapter 20 : Meal Planning in Typhoid Fever**  Meal Planning in Typhoid Fever |
| Day 3 | **Chapter 21 : Meal Planning in Digestive disorder**  Meal Planning for Diarrhoea |
| Day 4 | Meal Planning for constipation |
| Day 5 | **Chapter 22 : Meal Planning During Diabetes mellitus**  Clinical types of DM and its management |
| Day 6 | **Chapter 23 : Meal Planning During High Blood Pressure**  Causes of HBP and its Dietary Management |