

## LESSON PLAN (Session 23-24)

### Semester –Odd

#### Department: Clinical Nutrition and Dietetics

Nomenclature of the paper: Basic of Food Science I

Class : B.Sc. Clinical Dietetics, Semester I

Name of the faculty: Ms. Varsha

Paper code: B23-CND-101

Month	Week	Topics to be covered
July	24.07.23-29.07.23	Food Definition, classification on the basis of source, Foods groups, nutrients of food
August	01.08.23-05.08.23	Function and perishability of food Function of food: Physiological, psychological and social function
	07.08.23-12.08.23	Food Preparation: Selection of food, preliminary preparation of food,
	14.08.23-19.08.23	Cooking: Definition, Objectives, Principles
	21.08.23-26.08.23	Methods of cooking- Principles, Advantages and disadvantages Moist Heat
	28.08.23-31.08.23	Dry Heat, Frying, Combination Radiation Methods of cooking
September	01.09.23-07.09.23	Cereals and Millets – Composition and Nutritive value, Cereal products,
	08.09.23-14.09.23	Breakfast Cereals, role of Cereals products and millets in cookery.
	15.09.23-21.09.23	Pulses and Legumes – Nutritive value of pulses and legumes, storage of pulses,
	22.09.23-30.09.23	Use of pulses, use of pulses, anti – nutritional factors, germination.
October	03.10.23-07-10.23	Vegetables and Fruits – Classification, composition & nutritive value,
	09.10.23-14.10.23	Storage & use, browning preservation ( Sessional Exam )
	16.10.23-21.10.23	Milk and Milk products – Composition and Nutritive value, types of Milk products,
	23.10.23-31.10.23	Storage of milk products and role of milk and milk products in cookery. Revision
	02.11.23-09.11.23	Test and practice question
Vacations	10.11.23-16.11.23	Diwali Vacations

**Nomenclature of the paper: Food Science Paper - 1****Class: B .Sc. Clinical Dietetics, Semester III****Name of the faculty: Ms. Varsha****Paper code: 201**

<b>Month</b>	<b>Week</b>	<b>Topics to be covered</b>
August	01.08.23-05.08.23	Cereals and millets – Composition and nutritive value
	07.08.23-12.08.23	Cereals products, Breakfast cereals rule of cereals in cookery
	14.08.23-19.08.23	Pulses and legumes – Nutritive value of pulses and legumes, storage of pulses use of pulses.
	21.08.23-26.08.23	Milk and Milk products – Composition and Nutritive value
	28.08.23-31.08.23	Types of milk products role of milk & milk products in cookery.
September	01.09.23-07.09.23	Vegetables and Fruits – Classification, composition
	08.09.23-14.09.23	Nutritive value, storage & use of fruit and vegetables.
	15.09.23-21.09.23	EGG – Nutritive aspect, quality of egg preservative and use of egg
	22.09.23-30.09.23	Flesh food – Composition & nutritive value of meat
October	03.10.23-07-10.23	Fish & poultry. Preventives storage uses of flesh food.
	09.10.23-14.10.23	Sugar & sugar products Introduction (Seasonal Exam)
	16.10.23-21.10.23	Nutritive value sugar related products storages & uses
	23.10.23-31.10.23	Fats and Oils – Nutritional importance and composition, Specific fat's role of fats and oils in cookery.
	02.10.23-09.11.23	Revision, Test, and practice paper
<b>Vacations</b>	<b>10.11.23-16.11.23</b>	<b>Diwali Vacations</b>

**Nomenclature of the paper: Dietetics - II****Class: B.Sc. Clinical Dietetics, Semester V****Name of the faculty: Ms. Varsha****Paper code: 302**

<b>Month</b>	<b>Week</b>	<b>Topics to be covered</b>
August	01.08.23-05.08.23	Role of Dietitian Diet Therapy:
	07.08.23-12.08.23	Routine hospital diet, Regular diet, Soft Diet, Full liquid diet.
	14.08.23-19.08.23	Diet in fevers and infection – Typhoid fever
	21.08.23-26.08.23	Malaria and Tuberculosis fever
	28.08.23-31.08.23	Diet in gastro intestinal disorders: Diarrhea
September	01.09.23-07.09.23	Constipation, peptic ulcer
	08.09.23-14.09.23	Diet in Diabetes mellitus - Classification
	15.09.23-21.09.23	Predisposing factors, Diagnosis, Dietary management
	22.09.23-30.09.23	Diet in Cardiovascular diseases – Dietary Management in Atherosclerosis,
October	03.10.23-07.10.23	Dietary Management in hypertension.
	09.10.23-14.10.23	Diet in diseases of liver and gall bladder.
	16.10.23-21.10.23	Diet in Renal diseases
	23.10.23-31.10.23	Dietary management in glomerulonephritis Acute and chronic renal failure.
	02.11.23-09.11.23	Revision
November		
<b>Vacations</b>	<b>10.11.23-16.11.23</b>	<b>Diwali Vacations</b>

**Nomenclature of the paper: Food Service Management - II****Class: B .Sc. Clinical Dietetics, Semester****Name of the faculty: Ms. Varsha****Paper code: 301**

<b>Month</b>	<b>Week</b>	<b>Topics to be covered</b>
August	01.08.23-05.08.23	Organization and Management Definition and types of organization
	07.08.23-12.08.23	Definition, principles, and function of catering management
	14.08.23-19.08.23	Tools of Management Organization chart, Communication
	21.08.23-26.08.23	Management of Resources Money, Space, Materials
	28.08.23-31.08.23	Equipments, Staff, Time, Energy, Procedures.
September	01.09.23-07.09.23	Food Management Characteristics of food
	08.09.23-14.09.23	Quality, quantitative aspect of quality, Sensory qualities.
	15.09.23-21.09.23	Nutritional qualities, Food recommended for use in canteen, Lunch rooms & Kiosks.
	22.09.23-30.09.23	Food purchasing – Food buyer
October	03.10.23-07.10.23	Purchasing activity Buying food
	09.10.23-14.10.23	Receiving & storage of food ( Seasonal Exam )
	16.10.23-21.10.23	Receiving Storage
	23.10.23-31.10.23	Food production Food production system Food production process Effective use of left over
	02.11.23-09.11.23	Revision
<b>Vacations</b>	<b>10.11.23-16.11.23</b>	<b>Diwali Vacations</b>

**Nomenclature of the paper: Fundamentals of Nutrition I****Class: B.Sc. Clinical Dietetics Minor 1<sup>st</sup> yr, Semester I****Name of the faculty: Ms. VARSHA****Paper code: B23-CND-102**

<b>Month</b>	<b>Week</b>	<b>Topics to be covered</b>
July	24.07.23-29.07.23	Understanding terminologies: Food nutrition,
August	01.08.23-05.08.23	Health nutrients, nutritional status, Malnutrition
	07.08.23-12.08.23	Under nutrition, over nutrition and optimum nutrition.
	14.08.23-19.08.23	Food groups and food pyramid
	21.08.23-26.08.23	Function of food – physiological, psychological, and social function.
	28.08.23-31.08.23	Factor affecting food intake and food habits.
September	01.09.23-07.09.23	Carbohydrates – Composition, classification, functions of carbohydrate.
	08.09.23-14.09.23	RDA, food sources, deficiency, and excess quantity of carbohydrate.
	15.09.23-21.09.23	Fiber – Types and function of fiber.
	22.09.23-30.09.23	Sources, deficiency, and excess quantity of fiber.
October	03.10.23-07.10.23	Proteins – Composition, classification, function of protein.
	09.10.23-14.10.23	RDA, food sources and deficiency of proteins.
	16.10.23-21.10.23	Fats & Oils – Composition, classification,
	23.10.23-31.10.23	Function, RDA, and food sources of fats and oils. Deficiency and excess quantity of fats and oils.
	02.11.23-09.11.23	Revision, Test, and practice questions.
Vacations	10.11.23-16.11.23	Diwali Vacations

## LESSON PLAN (Session 23-24)

### Semester -Odd

Class : BSc. II CND

Name of the faculty: Ms. PREETI

HANDA.Paper code: 202

Nomenclature of the paper: MICROBIOLOGY

Month	Week	Topics to be covered
July	21.07.23-22.07.23	Introduction to microbiology and its relevance to every day life.
	24.07.23-29.07.23	General morphology of micro-organisms, general characteristics of bacterio
August	31.07.23-05.08.23	fungus virus, protozoo, algae. Assignment
	07.08.23-12.08.23	Control of micro-organisms. Class Test-1
	14.08.23-19.08.23	Growth curve effect of environmental factors growth of micro-organisms PH, water activity ,
	21.08.23-26.08.23	Oxygen availability temp & other.
	28.08.23-2.09.23	Environmental microbiology.
September	04.09.23-09.09.23	Water , air microbiology.
	11.09.23-16.09.23	Soil and sewage microbiology.Class test -2
	18.09.23-23.09.23	Relevance of microbiology standards for food safety.
	25.09.23-30.09.23	The relation ship of micro-organisms to sanitation effects of micro-organisms (Bacteria, viruses, moulds, yeasts and parasites ) or food degradation and food borne diseases.
October	02.10.23-07.10.23	Importance of personal hygienic of food handle habits.Class test-3
	09.10.23-14.10.23	Clothes and illness, education of food handles in handling & serving food. Sessional exam.
	16.10.23-21.10.23	Cleaning methods = Sterilisation and disinfection products.
	23.10.23-28.10.23	Methods use of detergents, heat chemicals tests for sanitiser strength. Class test -4.
	30.10.23-04.11.23	Sanitation – Kitchen design equipment & System structure & layout of food premises maintaining clean environment, selecting and installing equipment cleaning equipment .
	06.11.23-10.11.23	Waste product handling, planning of waste disposal, solid wastes & liquid wastes.
Vacations	10.11.23-16.11.23	Diwali Vacations