

Module Title: Nutrition and Food Science**Module Code: B2217****Level: BAICA – 4th Semester...Lesson Plan**

S. No.	Units	Topics / Activities
1	Introduction to the Study of Nutrition	<ul style="list-style-type: none">• Foods, Nutrition and Health• Digestion, Absorption and Utilization of Nutrients• The Recommended Dietary Allowances for Nutrients
2	The Nutrients and Energy	<ul style="list-style-type: none">• Carbohydrates• Fats and Other Lipids• Proteins and Amino Acids• Vitamins• Minerals• Water, Fluids, Electrolytes• Nutrition for Fitness, Athletics and Sports• Malnutrition
3	Meal Planning and Management	<ul style="list-style-type: none">• Food Guides for Selecting an Adequate Diet• Food Budget Planning• Meal Planning for the Family• Meal Planning for Various Age Groups
4	Foods and Food Factors	<ul style="list-style-type: none">• Factors Affecting Food Acceptance• Food Sanitation and Hygiene
5	Diet Therapy	<ul style="list-style-type: none">• Adaptation of Normal Diet for Changing Needs• Principles of Diet Therapy and Therapeutic Nutrition• Nutrition in Diseases of Liver• Nutrition in Diabetes Mellitus

- Diet and Nutrition in Kidney Diseases
- Nutrition in Cancer
- Nutrition Support in Metabolic Disorders
- Nutrition in Stress, Burns and Surgery
- Nutrition: Addictive Behaviors in Anorexia Nervosa, Bulimia and Alcoholism