

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

		<ul style="list-style-type: none">• 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
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