

Lesson Plan

Name of Faculty : Dr. Rubrinder Singh Sandhu
Discipline : Food Technology
Semester : 3rd
Subject : Introduction to Food Nutrition (PC/FT/32-T)
Lesson Plan Duration: 15 Weeks (from August, 2024 to November, 2024)
 Work Load (Lecture/Practical) per week (in hours): **Lectures 03 hours**

Theory			Topic covered Date and Remarks		
Week	Lecture Day	Topic (Including Assignment/Test)	Date	HOD	Director-Principal
1 st	1	Scope, concept and importance of nutrition			
	2	Terms related to nutrition			
	3	Human digestive system			
2 nd	4	Malnutrition and its types			
	5	Role of nutrition in immunity			
	6	Infection			
3 rd	7	Energy- definition, units of measurement			
	8	Basal metabolic rate (BMR), Specific dynamic action (SDA)			
	9	Factors affecting BMR and respiratory quotient (RQ)			
4 th	10	Classification, function, sources, requirements and deficiency of carbohydrates.			
	11	Classification, function, sources, requirements and deficiency of carbohydrates.			
	12	Importance of dietary fiber and water in human health			
5 th	13	Importance of dietary fiber and water in human health			
	14	Classification, function, sources, requirements and deficiency of proteins.			
	15	Classification, function, sources, requirements and deficiency of proteins.			
6 th	16	Classification, function, sources, requirements and deficiency of lipids.			
	17	Classification, function, sources, requirements and deficiency of lipids.			
	18	Classification, function, sources, requirements and deficiency of water soluble vitamins			
7 th	1st Minor Test				
8 th	19	Classification, function, sources, requirements and deficiency of fat soluble vitamins			
	20	Classification, function, sources, requirements and deficiency of macro minerals.			
	21	Classification, function, sources, requirements and deficiency of micro minerals.			
9 th	22	Amino acids and fatty acids			
	23	Concept of balanced diet.			
	24	Importance of balanced diet			

10 th	25	Recommended diets for different age group			
	26	Recommended diets for different age group			
	27	Role of nutrition in pregnancy			
11 th	28	Role of nutrition in infancy			
	29	Role of nutrition in lactation			
	30	Role of nutrition in childhood			
12 th	31	Nutrition of geriatric			
	32	Nutrition of sports persons.			
	33	Nutrition of astronauts in space.			
13 th	34	Importance of nutrition Education			
	35	Role of different national and international organizations in maintaining health and nutritional status.			
	36	Role of different national and international organizations in maintaining health and nutritional status.			
14th	2nd Minor Test				
15 th	37	Present nutritional policies.			
	38	Present nutritional policies.			
	39	Existing food fads and fallacies & how to overcome.			