

5. Nutrition and Meal Management

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

Unit 1: Nutrition during Pregnancy and Lactation: Importance of nutrition during pregnancy, Effect of malnutrition on the woman and her fetus, planning of nutritious diet for pregnant woman, Diet of lactating woman.

Unit 2: Nutrition importance in breastfeeding, Complementary feeding, use of growth chart and malnutrition. Food preparation and various methods of cooking - Dry heat, moist heat, frying and microwave cooking. Effect of cooking on nutritive value of food. Normal and Therapeutic meals for common problems of children like cold, fever, and digestive problems. New trends in nutrition: Prebiotics and Probiotics, Nutritive values of fast food and junk-food, Significance of nutritional labelling.

Unit 3: Fats & Carbohydrates: Composition, classification, functions, food sources, requirement, deficiencies. Low and high carbohydrates and high calorie diet. Fats and Oils- Composition, Classification, Saturated, Unsaturated fatty acids, food sources, Functions, requirement and deficiencies.

Unit 4: Protein - Composition, Classification, Essential and Non- essential amino acids, food Sources, functions, deficiencies. Vitamins and Minerals, macro and micro nutrients.

6. Project Work/Field Visit/ On the Job Training

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

1. A visit to a “model” early childhood educational centre to observe curriculum implementation, indoor and outdoor activities and equipment.
2. Preparation of curriculum calendar (for one academic session) daily time-table and Detailed activity plan (for each day).
3. Developing an educational kit for enhancing conceptual aspects among pre-school children.
4. Activities for enhancing language development in pre-school children.
5. Development of recipes for school children and preschool children.
6. Preparation of high protein & low calorie diet.
7. Preparation of Five recipes for enhancing nutritional value