

S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR

(AUTNOMOUS)

VALUE ADDED COURSE

COURSE TITLE: FOOD AND NUTRITION

NODAL DEPARTMENT: SOCIOLOGY

COURSE CODE: 23VAC-5105T

MARKING SCHEME

Tutorial (Hours)	Time Allowed ESE (Hrs)	Course Credits	Total Marks	End Semester Exam (Max. Marks)	Assignment	Minimum Marks
30	2	2	50	35	15	20

COURSE OBJECTIVES:

1. Understand fundamental principles of Food and Nutrition.
2. Learn about balanced diets and their importance.
3. Appreciate the impact of nutrition on health and well-being.

COURSE CONTENTS:

Basics of Food and Nutrition: Concept of Food and processed Food. Concept of nutrition and its importance. Nutrients: types, sources, and functions, and Principles of a balanced diet.

(15 Hours)

Food Safety and Dietary guidelines: Role of vitamins and minerals in health. Food safety practices: handling, storage, and preparation. Importance of hygiene in food handling and Nutritional requirements through life stages: infancy, childhood, adulthood, and old age.

(15 Hours)

Course Outcomes:

Upon completion of the "Food and Nutrition" course, students will be able to understand the fundamental principles of nutrition, identify various nutrients and their roles in health, and create

balanced meal plans tailored to different life stages. Students will interpret dietary guidelines and assess the impact of vitamins and minerals on health.

Reference Books:

1. "Understanding Nutrition" by Eleanor Noss Whitney and Sharon Rady Rolfes
2. "Food: The Chemistry of Its Components" by Tom P. Coultate
3. "Nutrition Through the Life Cycle" by Judith E. Brown
4. "Sports Nutrition: A Handbook for Professionals" by Christine Rosenbloom and Christine Karpinski
5. "Eating Disorders: A Clinical Guide to Counseling and Treatment" by Barbara Birsinger and Jennifer Gaudiani
6. "Food Allergies: A Complete Guide for Eating When Your Life Depends on It" by Scott H. Sicherer
7. "Culinary Nutrition: The Science and Practice of Healthy Cooking" by Jacqueline B. Marcus
8. "Culture and Customs of Food" edited by Ken Albala
9. "Food Security, Nutrition and Sustainability" edited by Geoffrey Lawrence, Kristen Lyons, and Tabatha Wallington
10. "Public Health Nutrition: Principles and Practice" by Mark Lawrence and Tony Worsley.