



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
General Electives UG GE II/IV

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teacher's Assessment	End Sem University Exam	Teachers Assessment				
GUFN202	GE	Human Nutrition	60	20	20	0	0	4	0	0	4

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;
 ***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The students will:

CEO1: develop understanding about human nutrition components and their functions.

CEO2: gain knowledge about various nutrients, it's sources, digestion and absorption.

Course Outcomes (COs): Student should be able to:

CO1: understand the importance and basic concepts of food and nutrition.

CO2: comprehend about food groups and role of nutrition in fitness and sports.

CO3: understand digestive system and role of hormones and enzymes in the digestion of nutrients.

CO4: recognize the difference between macro and micronutrients.

Syllabus

UNIT I

- Basic concepts in food and nutrition
- Definition and concept of nutrients, energy, adequate, optimum and good nutrition.
- Interrelationship between food, nutrition, and health.

UNIT II

- Nutrition – Fitness, Athletics and Sports.
- Food Guide – Basics five food groups
- Functions of food

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UNIT III

- Role of Digestive System in Human Nutrition
- Role of hormones in Human Nutrition
- Role of Enzymes in Human Nutrition

UNIT IV

- Carbohydrates – Classification, Digestion, and absorption
- Proteins – Classification, Digestion, and absorption

UNIT V

- Fat - Classification, Digestion, and absorption.
- Vitamins and Minerals

Suggested Books:

- Bamji, M.S. Krishnaswamy, K. Brahmam G. (2009). *Textbook of Human Nutrition*, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
- Srilakshmi, B. (2015). *Food Science*, 4th Edition. New Age International Ltd.
- Swaminathan, M. (2005). *Handbook of Foods and Nutrition*, Ganesh and Co. Pvt. Ltd. Madras.
- Raina, U. Kashyap, S. Narula, V. and Vir, S. Chopra, S. (2010). *Basic Food Preparation: A Complete Manual*, Fourth Edition. Orient Black Swan Ltd.

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General Electives (UG 2022 – 23)

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