Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Home Science
Choice Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG 2022 – 23)

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme					L	T	P	CREDITS
			Theory			Practical					
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GUFN102	GE	Basics of 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 requirements.
CEO2: gain knowledge about role of various nutrients, sources and storage.

Course Outcomes (COs): Student should be able to:
CO1: understand the role of various nutrients.

CO2: comprehend about energy metabolism and concept of balanced diet.

CO3: recognize Classification, functions and sources of macro and micro nutrients.

Syllabus

UNIT I
Introduction to human nutrition- Macronutrients and micronutrients- Classification and functions.

UNIT II
Energy metabolism- Components of energy expenditure, Basal Metabolic Requirements and Body Mass Index, Recommended Dietary Allowances and Concept of a balanced diet

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UNIT III
a) Carbohydrates- Introduction, Classification sources and functions
b) Proteins- Introduction, Classification sources and functions.

UNITIV

a) Fat-Introduction, Classification sources and functions.
b) Vitamin- Introduction, Classification sources and functions.

UNIT V
Minerals- Introduction, Classification sources and functions.

Suggested Books:
- Bamji, M. S., Krishnaswamy, K., & Brahmam, G. N. V. (2013). Textbook of human nutrition. Oxford &IBH.
- Srilakshmi, B. (2017), Nutrition Science. 6th Multicolor Ed. New Age International Publishers.
- Potter, N. N., & Hotchkiss, J. H. (2012). Food science. Springer Science & Business Media.
- Swaminathan, M(2005). Handbook of Foods and Nutrition, Ganesh and Co. Pvt. Ltd. Madras

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Shri Vaishnav Vidyapeeth	Shri Vaishnav Vidyapeeth	Vishwavidyalaya, Indore	Vishwavidyalaya, Indore
Vishwavidyalaya, Indore	Vishwavidyalaya, Indore		