

DC2: PAPER 3: Nutritional Importance of Foods (Theory) (Total Lectures 60) 1. Concept and definition of terms: • Food, Food Groups, Food Pyramid, Functions of food. • Nutrient and Nutritive value, Concept of Balanced Diet. 2. Cereals, Pulses and legumes: • Nutritional aspects of wheat, rice and oat. • Types of pulses and legumes, uses, and nutritional aspects. 3. Milk and milk Products: • Nutritive value and composition of milk, Concept of milk processing and Pasteurization • Types of processed milk, milk products (butter, curd, paneer and cheese). 4. Egg, Fish and meat: • Nutritional aspects and uses. • Nutritional aspects of edible fish and meat, concept of red and white meat. 5. Vegetables and fruits: • Uses and nutritional aspect of commonly available vegetables. • Fresh fruits and dry fruits- raw and processed product. 6. Salts, Fats and oils: • Uses and nutritional aspects of various salts. • Types, sources, use and nutritional aspects of fats and oils. 7. Beverages: • Common types (tea, coffee and wines) and their uses, nutritional aspect. 8. Methods of cooking: • Dry, moist, frying and microwave cooking. • Effect of various methods of cooking on foods, nutrient losses in cooking. DC2: PAPER 4 (Practical) 1. Food preparation and nutritive value as per portion size wherever applicable - 1. Beverages: Milk shake and Lassi. 2. Cereals: Fried Rice and Chapatti. 3. Milk and milk products: Custard and Payasam. 4. Eggs: Egg pudding and Pouch (Water pouch and Butter pouch). 5. Snacks: Poha and Sandwiches