

GOUR MAHAVIDYALAYA
Department of Food & Nutrition
Lesson Plan (Semester V & VI)

Faculty Allocation: JB – Dr. Jhimli Banerjee | AB – Arpita Basu | SA – Dr. Soumik Agarwal

SEM I – FNTDSC101: Concept of Food, Nutrition & Health

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Basic concepts, food groups, balanced diet	8	JB
Module 2	Cereals, pulses, fruits, milk, meat	8	AB
Module 3	Fats, oils, cooking methods	7	JB
Practical	Food preparation & measurement	5	AB

SEM II – FNTDSC201: Fundamentals of Human Nutrition

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Concepts, macro & micro nutrients	7	JB
Module 2	RDA, energy, water balance	8	AB
Module 3	Growth & development	7	JB
Practical	ORS, weaning food, diet planning	5	AJB

SEM III – FNTDSC301: Nutritional Physiology-I

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Cell physiology	6	JB

Module 2	Circulatory, respiratory system	8	JB
Module 3	Digestive system	7	AB
Practical	BP, Hb, blood tests	5	JB

FNTDSC302: Basic Food Science

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Food & nutrient classification	6	JB
Module 2	Carbohydrates & fibre	8	AB
Module 3	Proteins & lipids	8	JB
Practical	Qualitative tests	5	JB

SEM IV – FNTDSC401: Basic Biochemistry

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Carbohydrates & metabolism	8	JB
Module 2	Proteins & lipids	8	JB
Module 3	Vitamins & minerals	7	AB
Practical	Biochemical estimation	5	AB

FNTDSC402: Basic Dietetics

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Therapeutic diets, hospital diets	7	AB
Module 2	Weight management	7	JB

Module 3	GIT diseases & surgery diet	8	AB
Practical	Diet planning	5	AB

FNTDSC403: Food Preservation Techniques

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Storage & preservation basics	7	JB
Module 2	Heat, cold, irradiation methods	8	JB
Module 3	Drying & non-thermal methods	8	AB
Practical	Jam, pickle, industry visit	5	AB

SEM V - MC-08: Nutrition in Human Life Stages

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Infant nutrition, breastfeeding, weaning, child diet	8	AB
Module 2	Adolescents, athletes, eating disorders	7	AB, JB
Module 3	Pregnancy, lactation, geriatric nutrition	8	AB, JB
Practical	Growth chart, ICDS visit	5	AB

MC-09: Nutritional Physiology-II

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Nervous & endocrine system	8	JB
Module 2	Reproductive system	7	JB
Module 3	Excretory system	6	SA
Practical	Lab experiments	8	JB

MC-10: Community Nutrition

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Community, demography, IEC	7	JB
Module 2	Nutritional assessment methods	8	AB
Module 3	National programmes	6	SA
Practical	Anthropometry	5	AB

MC-11: Food Microbiology

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Fermentation, contamination	7	JB
Module 2	Culture media & microbes	8	JB
Module 3	Food-borne diseases	6	AB
Practical	Lab techniques	5	JB

SEM VI - MC-12: Pathophysiology & Therapeutic Diet

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Diabetes	8	AB
Module 2	Cardiovascular diseases	8	JB
Module 3	Renal diseases	7	JB
Practical	Diet planning	5	AB

MC-13: Food Toxicology & Immunology

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Toxic agents	7	JB
Module 2	Immune system	8	JB
Module 3	Vaccination & immunity	6	SA
Practical	ELISA & lab work	5	JB

MC-14: Food Standard & Safety

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Food safety & HACCP	7	JB
Module 2	Hazards & hygiene	8	AB, JB
Module 3	Food laws	6	AB
Practical	Adulteration tests	5	JB

MC-15: Nutritional Epidemiology & Biostatistics

Module	Detailed Topics	No. of Classes	Faculty
Module 1	Epidemiology	7	JB
Module 2	Statistics basics	8	SA

Module 3	Statistical tests	6	SA
Practical	Data analysis	5	JB