

Unit: 1 - Definition of Food, Nutrition And Nutrients.

- Function of Food, Classifications Food Groups, Importance of Food

Group and Nutritive Value of Food Groups. (i) Cereals, (ii) Pulses (iii) Fruits and Vegetables (iv) Milk (v) Sugar And Jaggery (vi) Fats and Oil.

- Concept of Balance Diet, use of food group in planning balance diet.

- Use of recommended dietary intake (RDIs) in planning balance diet, factors affecting RDIs.

Unit: 2

Macronutrients:

-Carbohydrate: Definition, sources, functions and deficiency symptoms.

-Protein: Definition, sources, functions and deficiency symptoms.

-Fat and lipids: Definition, sources, functions and deficiency symptoms.

Micronutrients:

-Vitamins: Definition, sources, functions and deficiency symptoms.

- Minerals: Definition, sources, functions and deficiency symptoms.

- Water: As a nutrient, requirements, and functions

Unit: 3 Food preservation -Introduction and Definition

-Importance and Principles of food preservation

-Methods for food preservation -Food spoilage.

Unit: 4 Meal planning Definition and principles

- Factors to be considered in meal planning,

- meal planning for School children, teen age and during travel,

