

Department of Liberal Education
Era University, Lucknow
Course Outline
Effective From: 2023-24

Name of the Program	B.A. / B.Sc. (LIBERAL EDUCATION)			Year/ Semester:	2nd /3rd									
Course Name	Nutritional Science Lab	Course Code:	NH201P	Type:	Practical									
Credits	01			Total Practical Hours:	30 Hours									
Evaluation Spread	Internal Continuous Assessment:	10 Marks		End Term Exam:	15 Marks									
Type of Course	<input type="radio"/> Compulsory	<input checked="" type="radio"/> Core	<input type="radio"/> Creative	<input type="radio"/> Life Skill										
Course Objectives	1. Evaluate and predict ways in which complex interactions of components of the food system influence human health and nutrition. 2. Demonstrate an understanding of public health.													
Course Outcomes(CO): <i>After the successful course completion, learners will develop following attributes:</i>														
Course Outcome (CO)	Attributes													
CO1	Students will be aware about the nutritional components present in food and their role in maintaining good health.													
CO2	Student will learn about the nutrition losses during food preparation.													
CO3	Will learn about the importance of electrolyte balance in human body.													
CO4	Will able to apply the concept and methods in food preparation.													
Pedagogy	Interactive, discussion-based, student-centered, program outputs.													
Internal Evaluation Mode	Experiment-Writing and Conductance File Maintenance/ Laboratory Record Continuous Attendance and Participation													
Practical No.	Experiments			Contact Hours	Mapped CO									
1.	Calculation of total energy supplied by carbohydrates in the diet of individual and comment on the different sources included in diet.			4	CO1, CO2									
2.	Collect some food items wash, peel and cut into small pieces and leave for ½-1 hour, observe the changes and record the observations.			6	CO2									
3.	Prepare different beverages for maintaining electrolyte imbalances and comment on the nutritional benefits.			6	CO3									
4.	study of smoking points of different fats and oils.			6	CO2, CO4									
5.	Observe and record the results of cooking any two cereals and two vegetables cooked by different methods.			8	CO3, CO4									
CO-PO and PSO Mapping														
CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1	2	1		2	1		2	2	1		1		
CO2	1	1			2	3	1	1	1			1	1	
CO3	2	1	1		2	2	1	3	2		1	2	2	3
CO4	1	2	2		1	2	1	1	1		1		1	2
<i>Strongcontribution-3, Averagecontribution-2, Lowcontribution-1,</i>														

Suggested Readings:	
Reference Books	1. A Practical Handbook of Food and Nutrition - JAYASHREE MISHRA AND PRAVABATI GURU 2. Practical Skills in Food Science, Nutrition and Dietetics
E-Resources	https://www.youtube.com/watch?v=CMvi6yQtdoU
Internal Practical Evaluation:	
Component	Marks
Experiment-Writing and Conductance	5
File Maintenance/ Laboratory Record	2
Continuous Attendance and Participation	1
Viva-Voce	2
Total Marks	10

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Signature:

