

Department of Liberal Education Era University, Lucknow Course Outline

Effective From: 2023-24

	of the	RA/RSc (II	IRFDA	I FDUCA	TION)	Voor	/ Sama	stor.		1 1	nd /3rd				
Program		B.A. / B.Sc. (LIBERAL EDUCATION)					Year/ Semester:			2 /3					
Cours		Nutritional		Course	NH201P	Туре	٠•			Pı	actica	1			
Name		Science Lab	II.	Code:	1112011	Type	•			1	actica				
Credits		01				Tota	Total Practical Hours			: 30 Hours					
Evaluation		Internal	1		Marks	_	Term Exam:		4150	15 Marks					
Spread		Continuous		TO WILLIAM			End Term Exam.				1,14111				
~ргон		Assessment:													
Type of Course															
		C Compulsory		Cor	C Creative				C Life Skill		I				
Cours	se	1. Evaluate a	. Evaluate and predict ways in which complex interactions of components of the food												
Object	tives	system influence human health and nutrition.													
		2. Demonstrate an understanding of public health.													
Cours	se Outco	omes(CO): Afte	r the si	uccessful d	course comp	letion, l	earners	s will de	veloj	o followin	g attril	butes:			
Cours	se														
Outco	me				A	ttribute	es								
(CO)															
CO ₁		Students will			the nutrition	al com	ponents	presen	t in	food and	their	role in			
		maintaining g	ood he	alth.											
CO2	O2 Student will learn about the nutrition losses during food preparation.														
CO3		Will learn abo							ody						
CO4		Will able to ap	ply the	e concept	and method	in food	l prepar	ation.							
Pedag	gogy	Interactive, dis	scussio	n-based, s	student-cent	ered, pro	ogram o	utputs.							
Intern	ıal	Experiment-W	riting a	and Condi	uctance										
Evalua	ation	File Maintena													
Mode		Continuous Attendance and Participation													
Practical		Experiments													
	icai			Exp	eriments					Contact	Maj	pped			
No.	icai			Exp	periments					Contact Hours	C	CO			
	icai	Calculation of	of total			y carbo	hydrat	es in th			C				
No.	icai	Calculation of diet of individual		l energy	supplied b		•		ne	Hours	C	CO			
No.	icai		vidual	l energy	supplied b		•		ne	Hours	C	CO			
No.		diet of indiv included in d	vidual iet.	l energy and cor	supplied b nment on	the di	fferent	source	ne es	Hours	CO1	CO			
No. 1.		diet of indivincluded in d	vidual iet.	l energy and cor	supplied b nment on sh, peel an	the di	fferent nto sma	source	ne es	Hours 4	CO1	, CO2			
No. 1.		diet of indivincluded in d Collect some and leave for	vidual iet. food r ½-1	l energy and cor	supplied b nment on sh, peel an	the di	fferent nto sma	source	ne es	Hours 4	CO1	, CO2			
No. 1. 2.		diet of indivincluded in d Collect some and leave for observations.	vidual iet. food r ½-1	l energy and cor items wa hour, obs	supplied b mment on sh, peel an serve the c	the di	fferent nto sma and re	source	ne es es ne	4 6	CO1	02			
No. 1.		diet of indivincluded in d Collect some and leave for observations. Prepare diff	vidual iet. e food r ½-1 ferent	l energy and cor items wa hour, obs	supplied b mment on sh, peel an serve the c	the did cut ir hanges	nto sma and re	source	ne es es ne	Hours 4	CO1	, CO2			
No. 1. 2.		diet of indivincluded in d Collect some and leave for observations. Prepare diffinbalances and leave and leave for observations.	vidual iet. food r ½-1 ferent nd con	l energy and cor items wa hour, obs beverag	supplied be more on sh, peel an serve the compared to the nutrition of the	d cut ir hanges aintain onal be	nto sma and re	source	ne es es ne	6 6	COI	O2 O3			
No. 1. 2. 3.		diet of indivincluded in d Collect some and leave for observations. Prepare diff imbalances ar study of smok	vidual iet. food r ½-1 ferent nd con ing poi	l energy and cor items wa hour, obs beverag ment on nts of diff	supplied be ment on sh, peel an serve the compared the nutrition of the nutrin of the nutrition of the nutrition of the nutrition of the nutri	d cut ir hanges aintain onal be d oils.	nto sma and re ing el nefits.	source all piece ecord the ectroly	ne es es ne te	6 6	CO2	O2 O3 , CO4			
No. 1. 2.		diet of indivincluded in d Collect some and leave for observations. Prepare diff imbalances as study of smoke	vidual iet. food r ½-1 Gerent nd con ing poi ecord t	l energy and cor items wa hour, obs beverag ment on nts of diff he results	supplied be ment on sh, peel an serve the compared to the nutrition of cooking	d cut ir hanges aintain onal be d oils.	nto sma and re ing el nefits.	source all piece ecord the ectroly	ne es es ne te	6 6	CO2	O2 O3			
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No. 1. 2. 3. 4. 5.		diet of indivincluded in d Collect some and leave for observations. Prepare diff imbalances at study of smoke Observe and re vegetables coor	vidual iet. food r ½-1 Gerent nd con ing poi ecord t	l energy and cor items wa hour, obs beverag ment on nts of diff he results	supplied be ment on sh, peel an serve the compared to the nutrition of cooking	d cut ir hanges aintain onal be d oils.	nto sma and re ing el nefits.	source all piece ecord the ectroly	ne es es ne te	6 6	CO2	O2 O3 , CO4			
3. 4. 5. CO-Pe	O and I	diet of indivincluded in d Collect some and leave for observations. Prepare diffinbalances at study of smok. Observe and revegetables coor	vidual iet. food r ½-1 Gerent nd con ing poi ecord t	l energy and cor items wa hour, obs beverag ment on nts of diff he results different	supplied be mment on sh, peel an serve the compared to the nutritic ferent fats an of cooking methods.	d cut ir hanges aintain onal bed oils.	nto sma and re ing el nefits.	source all piece ecord the ectroly	es es ne tte	6 6 6 8	CO2	O2 O3 , CO4 , CO4			
3. 4. 5. CO-Pe		diet of indivincluded in d Collect some and leave for observations. Prepare diff imbalances at study of smoke Observe and re vegetables coor	vidual iet. food r ½-1 Ferent nd con ing poi ecord t bked by	l energy and cor items wa hour, obstitution beveragement on the results of different PO5 PO5 PO POS POS POS POS POS POS POS POS POS	supplied be ment on sh, peel an serve the compared to the nutrition of cooking	d cut ir hanges aintain onal be d oils.	nto sma and re ing el nefits.	source all piece ecord the ectroly	ne es es ne te	6 6 6 8	CO2	O2 O3 , CO4			
3. 4. 5. CO-Pe	O and I PO1 1 1	diet of indivincluded in d Collect some and leave for observations. Prepare diffinbalances at study of smok. Observe and revegetables coordinates of the collection of the col	vidual iet. food r ½-1 Ferent nd con ing poi ecord t bked by	l energy and cor items wa hour, obstitution beveragement on the results of different energy din energy different energy different energy different energy diffe	supplied be mment on sh, peel an serve the compared to the nutritic ferent fats and of cooking methods.	d cut ir hanges aintain onal be d oils. PO8 2 1	nto sma and reing elinefits.	source all piece ecord the ectroly s and two	es es ne tte	6 6 8 8 PSO4 1 1	CO2 CO3 PSO5	O2 O3 , CO4 , CO4 PSO6			
3. 4. 5. CO-Pe	O and I	diet of indivincluded in d Collect some and leave for observations. Prepare diffinbalances at study of smok. Observe and revegetables coordinates of the collection of the col	vidual iet. food r ½-1 Ferent nd con ing poi ecord t bked by	l energy and cor items wa hour, obstitution beveragement on the results of different energy din energy different energy different energy different energy diffe	supplied be mment on sh, peel an serve the compared to the nutrition of cooking methods.	d cut ir hanges aintain onal bed oils. any two	nto sma and reing elinefits. PSOI 2	source all piece ecord the ectroly s and two	es es ne tte	6 6 6 8	CO2 CO3	O2 O3 , CO4 , CO4			

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

Course created by: Dr. Shazia Fatima

Dr. Pooja Verma

Signature:

Approved by: Prof. Afrozul Haq

Signature: