

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

<b>Name of the Program</b>	<b>B.A. / B.Sc. (LIBERAL EDUCATION)</b>			<b>Year/ Semester:</b>	<b>3<sup>rd</sup> / 5<sup>th</sup></b>									
<b>Course Name</b>	<b>Life Span Nutrition Lab</b>	<b>Course Code:</b>	<b>NH301P</b>	<b>Type:</b>	<b>Practical</b>									
<b>Credits</b>	<b>01</b>			<b>Total Practical Hours:</b>	<b>30 Hours</b>									
<b>Evaluation Spread</b>	<b>Internal Continuous Assessment:</b>	<b>10 Marks</b>		<b>End Term Exam:</b>	<b>15 Marks</b>									
<b>Type of Course</b>	<input type="radio"/> Compulsory	<input checked="" type="radio"/> Core	<input type="radio"/> Creative	<input type="radio"/> Life Skill										
<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>To prepare different types of normal and therapeutic diet according to principles of food preparation.</li> <li>To use a variety of cooking techniques in the preparation of meal.</li> <li>To prepare food under safe and proper conditions. Sanitary.</li> </ol>													
<b>Course Outcomes(CO):</b> <i>After the successful course completion, learners will develop following attributes:</i>														
<b>Course Outcome (CO)</b>	<b>Attributes</b>													
<b>CO1</b>	Will help to promote baby's growth and development. Understand which nutrient is needed most and where to find them.													
<b>CO2</b>	Will have less chance of developing chronic diseases like heart disease, type 2 diabetes, obesity and cancers.													
<b>CO3</b>	Will learn about different patterns of healthy eating and ways to create a nutritious meal plan.													
<b>CO4</b>	Will learn nutrition knowledge and prepare meal according to individual needs during life span of human being.													
<b>Pedagogy</b>	Interactive, discussion-bases, student-centered, presentation.													
<b>Internal Evaluation Mode</b>	Experiment-Writing and Conductance File Maintenance/ Laboratory Record Continuous Attendance and Participation													
<b>Practical No.</b>	<b>Experiments</b>			<b>Contact Hours</b>	<b>Mapped CO</b>									
1.	Plan a suitable diet chart and prepare a recipe for pregnant women			4	<b>CO1, CO2</b>									
2.	Plan a suitable diet chart and prepare a recipe for lactating mothers			6	<b>CO2</b>									
3.	Plan a suitable diet chart and prepare a recipe for infants and preschool children			6	<b>CO3</b>									
4.	Plan a suitable diet chart and prepare a recipe for adolescent			6	<b>CO2, CO4</b>									
5.	Plan a suitable diet chart and prepare a recipe for older adult			8	<b>CO3, CO4</b>									
<b>CO-PO and PSO Mapping</b>														
<b>CO</b>	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	<b>PSO1</b>	<b>PSO2</b>	<b>PSO3</b>	<b>PSO4</b>	<b>PSO5</b>	<b>PSO6</b>
CO1	2		2	1	1	1	2	1	2	1	1	1	1	1
CO2	1	2	1	1	2	1	1	1	2	1	1	2	1	1
CO3	1	2	2	1	1	1	2	1	1	2	1	1	2	1
CO4	3	1	1	2	1	1	1	1	2	1	1	2	1	1
<i>Strongcontribution-3, Averagecontribution-2, Lowcontribution-1,</i>														

<b>Suggested Readings:</b>	
<b>Reference Books</b>	Ghosh S. 1988. The Feeding and Care of Infant and Young Children. Voluntary Health Association of India, New Delhi
<b>E-Resources</b>	<a href="https://www.youtube.com/watch?v=U4FMn4BhRt4">https://www.youtube.com/watch?v=U4FMn4BhRt4</a> <a href="https://www.youtube.com/watch?v=U4FMn4BhRt4">https://www.youtube.com/watch?v=U4FMn4BhRt4</a>
<b>Internal Practical Evaluation:</b>	
<b>Component</b>	<b>Marks</b>
<b>Experiment-Writing and Conductance</b>	5
<b>File Maintenance/ Laboratory Record</b>	2
<b>Continuous Attendance and Participation</b>	1
<b>Viva-Voce</b>	2
<b>Total Marks</b>	10

Course created by: **Dr. Shazia Fatima**

**Dr. Pooja Verma**

**Signature:**

Approved by: **Prof. Afrozul Haq**

**Signature:**

