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|----------------|--|------------------|-------------------|--------------------|-------------|
| Programme | B. Sc. Family and Community Science | | | | |
| Course Title | FAMILY MEAL MANAGEMENT | | | | |
| Type of Course | MDC-II | | | | |
| Semester | II | | | | |
| Academic Level | 100 -199 | | | | |
| Course Details | Credit | Lecture per week | Tutorial per week | Practical per week | Total Hours |
| | 3 | 3 | - | - | 45 |
| Pre-requisites | Basic maths, cooking skill, knowledge of recipes | | | | |
| Course Summary | The course provides the skill to critically assess nutritional requirements, recommend nutritional advice and provide nutritional interventions to promote nutritional health status of members in a family. | | | | |

Course Outcomes (CO):

| CO | CO Statement | Cognitive Level* | Knowledge Category# | Evaluation Tools used |
|-----|---|------------------|---------------------|--|
| CO1 | Assess the nutritional needs of the family members. | An | F | Instructor-created exams / Quiz |
| CO2 | Design menus to meet the nutritional needs of the family members at various stages of life. | C | P | Practical Assignment / Observation of Practical Skills |
| CO3 | Assess nutrition related problems of the family members. | An | C | Instructor-created exams / Quiz |
| CO4 | Equip oneself with the knowledge to develop and critique nutritional interventions | E | P | Instructor-created exams / Home Assignments |
| CO5 | Promote health and | E | | Reflection |

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|--|--------------------------|--|---|--|
| | wellbeing of the family. | | M | |
| * - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) | | | | |
| # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) | | | | |
| Metacognitive Knowledge (M) | | | | |

Detailed Syllabus:

| Module | Unit | Content | Hrs | Mks |
|------------|------|---|-----------|-----------|
| I | | Basic introduction to RDA, Meal planning, and Balanced Diet | 8 | 12 |
| | 1 | Basic concept of Recommended Daily allowances and need for RDA | 2 | |
| | 2 | Factors affecting RDA, RDA for adults- male and female | 1 | |
| | 3 | Principles of meal planning | 2 | |
| | 4 | Understanding food expenses, budget friendly meal planning, | 1 | |
| | 5 | Creating healthy balanced meal plans using RDA and a budget | 2 | |
| II | | Nutrition for adults | 12 | 26 |
| | 7 | Reference man and reference woman | 1 | |
| | 8 | Nutritional needs of adults engaged in varying levels of activity | 1 | |
| | 9 | Nutritional related problems in adults and elderly- NCDs | 2 | |
| | 10 | Importance of nutritional care during pregnancy | 2 | |
| | 11 | General nutritional problems during pregnancy | 2 | |
| | 12 | Importance of food and nutritional care during lactation | 2 | |
| | 13 | General nutritional problems during lactation | 2 | |
| III | | Nutrition in Infancy | 10 | 22 |
| | 14 | Growth and development of Infants | 3 | |
| | 15 | Significance of first 1000 days of life | 2 | |
| | 16 | Breast feeding versus bottle feeding- advantages/disadvantages | 2 | |
| | 17 | Weaning and supplementary feeds, growth monitoring charts | 3 | |
| IV | | Nutrition in Childhood and Adolescence | 10 | 10 |

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|----------|---------------------------|---|----------|--|
| | 18 | Growth and development of preschool, school going children and adolescent | 2 | |
| | 19 | Nutritional problems seen in this age groups | 2 | |
| | 20 | Factors to be considered while planning their meals | 2 | |
| | 21 | Modern food habits of adolescents | 2 | |
| | 22 | nutritional problems-eating disorders | | |
| V | Open Ended Module | | 5 | |
| | Related experience | | | |
| | 23 | Basic cooking techniques | 2 | |
| | 24 | Recipe modification and adaptation | 1 | |
| | 25 | Meal presentation and serving | 1 | |
| | 26 | Planning a balanced meal plan/packed lunch for a college going student | 1 | |

Mapping of COs with PSOs and POs :

| | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 | PSO6 | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
|------|------|------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|
| CO 1 | 1 | 2 | 3 | 3 | - | 2 | 2 | 2 | 2 | 1 | 2 | 3 | 3 |
| CO 2 | 1 | 1 | 2 | 3 | - | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 3 |
| CO 3 | 2 | 3 | 3 | 3 | - | 3 | 2 | 3 | 1 | 1 | 2 | 2 | 3 |
| CO 4 | 2 | 2 | 3 | 3 | - | 2 | 2 | 2 | 2 | 1 | 2 | 3 | 3 |
| CO 5 | 2 | 3 | 3 | 3 | - | 3 | 2 | 3 | 1 | 1 | 2 | 2 | 3 |

Correlation Levels:

| Level | Correlation |
|-------|--------------------|
| - | Nil |
| 1 | Slightly / Low |
| 2 | Moderate / Medium |
| 3 | Substantial / High |

Assessment Rubrics:

- Regular lectures, demonstrations, Exercises on observation and follow up with group discussions, case studies, ICT enabled teaching and learning experiences in terms of video lessons and documentary film shows. Hands on experience in laboratory and in food industries. Assignments (20%)
- Final Exam (70%)

References

1. Srilakshmi B (2024) Dietetics, 9th edition. New Age Publications (p) Ltd, New Delhi
2. Mahtab, S., Bamji, Kamala Krishnaswamy, Brahman, GNV., (2012). Textbook of Human Nutrition. 3rd edition. Oxford and IBH Publishing Co. P. Ltd., New Delhi
3. Swaminathan, M. (2012). Advanced Textbook on Food and Nutrition, Vol 1, 2nd edition, Bangalore Printing and Publishing Co. Ltd. Bangalore.
4. Longvah, T., Ananthan, R., Bhaskarachary, K., Venkaiah, K., (2017) Indian Food Composition Tables (IFCT), ICMR, NIN, Hyderabad
5. Dietary Guidelines for Indians- A Manual. NIN, ICMR, Hyderabad

II Semester B.Sc. Family and Community Science (CUFYUGP) Degree Examination

FCS2FM106 Family Meal Management

(credits: 3)

Maximum Time: 1.5 hours

Maximum Marks: 50

Section A

[Answer All. Each question carries 2 marks]

(Ceiling 16 marks)

1. What is ARF?
2. What is the menu planning?
3. What is IDD?
4. Objectives of FAO
5. Give the RDA for male computer professional
6. Anorexia nervosa
7. Balanced diet
8. What are lactogogue? Give example
9. Define nutritional assessment
10. Define weaning

Section B

[Answer All. Each question carries 6 marks]

(Ceiling 24 marks)

11. What are important physiological changes during pregnancy?
12. What are the objectives of school lunch programme?
13. What is complementary feeding?
14. "Obesity is an emerging problem among school children". Why?
15. Explain the process of ageing?

Section C

[Answer any one. Each question carries 10 marks] (1x10=10 marks)

16. Explain the important of nutrients in elderly. How can you modify the diet for elderly?
17. Bring out the nutritional requirements and nutritional problems of teenagers.