

Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	BS Home Economics Semester System (FYDP)	Course Code	HEFN- 203	Credit Hours	3 (2+1)
Course Title	FUNDAMENTALS OF FOOD AND NUTRITION				
Course Introduction					
This subject will equip students with basic nutrition concepts, including the role of nutrients in the body and the foods sources of those nutrients. They will learn to identify factors which influence food choice, and how they influence nutritional status. Students will also learn to apply the concepts to the planning and preparation of meals.					
Learning Outcomes					
After completing this course students will be able to: 1. Develop an understanding of basic terms in food, nutrition and dietetic. 2. Understand the role of various nutrients and their importance in planning and preparing balanced diet.					
Course Contents					
Week 1	Introduction to Nutrition; definition of food; nutrition, dietetics and relevant terms: health, nutrients, nutritional status, and malnutrition. Functions of foods: physiological, psychological and social.				
	Learning of laboratory skills, abbreviations and symbols of terms used in measuring and weighing various foods.				
Week 2	Signs of good and poor nutrition.				
	Effect of preparation and cooking on colour ,texture and palatability of different food groups				
Week 3	Classification, characteristics, food sources, functions and nutritional problems of the Macronutrients and Micronutrients.				
	Quiz -5 %				
Week 4	Classification, characteristics, food sources, functions and nutritional problems of the Macronutrients and Micronutrients, continued.				
	File checking				
Week 5	Classification, characteristics, food sources, functions and nutritional problems of the Macronutrients and Micronutrients, continued.				
	Assignment- 10 %				
Week 6	Classification, characteristics, food sources, functions and nutritional problems of the Macronutrients and Micronutrients, continued.				
	Group Discussion on assignments				
Week 7	Balanced Diet: definition and characteristic of balanced diet; importance of balanced diet in relation to health.				

	Effect of preparation and cooking on colour ,texture and palatability of different food groups	
Week 8	Mid Term Assessment - 35 %	
Week 9	Use of daily food guide (Food Groups and Food Guide Pyramid), food composition tables and Dietary Reference Intakes (DRI).	
	Milk ,egg, meat, vegetable, cereal cookery	
Week 10	Use of daily food guide (Food Groups and Food Guide Pyramid), food composition tables and Dietary Reference Intakes (DRI).	
	Quiz -5 %	
Week 11	Conservation of nutrients and losses in food storage, preparation and cooking methods of food groups.	
	Milk ,egg, meat, vegetable, cereal cookery, continued	
Week 12	Conservation of nutrients and losses in food storage, preparation and cooking methods of food groups.	
	Presentation - 5%	
Week 13	Factors effecting dietary practice; food habits; food choices; food fads and fallacies.	
	Snacks and beverages.	
Week 14	Factors effecting dietary practice; food habits; food choices; Food fads and fallacies	
Week 15	Principles of diet therapy and care process.	
	File signing	
Week 16	Revision	
	Final Assessment - 40%	

Text Books and Reading Materials

Whitney E.N., Rolfes S.R., (2016) Understanding Nutrition: Dietary Guidelines Update 14th Edition Wadsworth Publishing

Mudambi, Sumati, R. and Rajagopal, M.V. (2013).Fundamentals of Food, Nutrition, and diet therapy. New Age International.

Bansal S. (2008). Food and Nutrition. (1st Ed). AITB. Publishers and distributors, New Delhi

Chenney, M.S. and Ross, M.L. (2007). Nutrition, (4th Ed), New York Houghton

Geissler CA and Powers HJ. (2005). Human Nutrition. (11th Ed.). Elsevier Churchill Livingstone, Edinburgh, UK.

Teaching Learning Strategies

Lecture-based learning through lectures and presentations.
 Group learning through group assignments discussion and laboratory work.
 Individual learning through practical work and application of theory principles.

Assignments Types and Numbers

Formative assessment will include:
 2 Quizzes comprised of short questions and MCQs – 5% each
 Assignment 10%
 Presentation -5%
 Midterm -35% and Final assessment-40% will include objective and essay type questions evaluate the concepts and in-depth learning of the students.

Assessment and Examinations

Sr. No	Elements	Weightage	Details
1.	Mid Term Assessment	35%	It takes place at the mid-point of the semester
2.	Formative Assessment	25%	It is continuous assessment. It includes: classroom participation, attendance, assignments and presentation, homework, attitude and behavior, hands on activities, short tests, quizzes etc
3.	Final Assessment	40%	It takes place at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.