

Programme	ADP Home Economics	Course Code	HEFN-106	Credit Hours	2(2+0)
Course Title	MEAL MANAGEMENT AND FOOD PRESERVATION				
Course Introduction					
This course deals with the principles of planning, procurement, preparation, storage and service of nutritious and adequate meals for the family, and for special occasions, emphasis on economy, sanitation, nutrition, and aesthetics. Laboratory experience will include application of the above principles.					
Learning Outcomes					
After completing this course students will be able to:					
1. Plan nutritionally balanced meals based on dietary needs and food availability.					
2. Understand various food preservation techniques to enhance food safety and longevity.					
3. Evaluate the impact of food processing on nutritional quality and sustainability.					
Course Content			Assignments/Readings		
Week 1	Introduction to meal planning		Fundamentals of Meal Management. Section 1, pg 4-8		
	Importance of family goals and values in planning meals		Fundamentals of Meal Management. Section 1, pg 8, 11.		
Week 2	Principles of meal planning		Fundamentals of Meal Management. Section 1, Pg 45-57		
	Principles of meal planning, continued.		Fundamentals of Meal Management Pg 45-57		
Week 3	Nutrition during life cycle: Pregnancy, Lactation.		Understanding Nutrition Ch#15, pg.458-462, pg. 470- 473,		
	Infancy, Childhood		Understanding Nutrition Ch#16, pg.483-496,		
Week 4	Nutrition during life cycle: Adolescence.		Understanding Nutrition Ch#16, pg.512-515,		
	Nutrition during life cycle: Adulthood, Old age		Understanding Nutrition Ch#17, pg.532-538.		
Week 5	Menu planning		Understanding Nutrition Ch#15, pg.458-462, pg. 470- 473, Ch#16, pg.483-496,512-515, Ch#17, pg.532-538.		
	Menu planning for different age groups		Understanding Nutrition Ch#15, pg.458-462, pg. 470- 473, Ch#16, pg.483-496, pg.512-515 Ch#17, pg.532-538.		
Week 6	Table appointments: Covers and linens Flatware, dinnerware, glassware		Understanding Food: Principles and Preparation Ch#6, pg. 127 Assignment: Guidelines for care of table appointments.		

	Quiz	Topics covered in week 4 and 5 Understanding Food: Principles and Preparation
Week 7	Table setting and types of Services; i)Russian service	Understanding Food: Principles and Preparation Ch#6, pg. 125
	Table setting and types of Services ii)French service iii)English service	Understanding Food: Principles and Preparation Ch#6, pg. 127
Week 8	Table setting and types of Services iv)American service v)Family service	Understanding Food: Principles and Preparation Ch#6, pg. 127
	Table setting and types of Services vi)Buffet service	Understanding Food: Principles and Preparation Ch#6, pg. 127
Week 9	Mid Term Exam	
Week 10	Introduction to colloidal chemistry: Solvent, solutions	Understanding Food: Principles and Preparation Ch#3, pg. 32
	Colloids, colloidal dispersions	Understanding Food: Principles and Preparation Ch#3, pg. 33
Week 11	Importance of food preservation	Understanding Food: Principles and Preparation Ch#28, pg. 540,541
	Spoiling agents	Understanding Food: Principles and Preparation Ch#28, pg.541
Week 12	Methods and principles of food preservation	Food microbiology Ch#5, pg 90
	Preparatory operations in food processing	Understanding Food: Principles and Preparation Ch#28, pg. 540,541
Week 13	Food preservation techniques (High Temperature-Pasteurization, Sterilization,)	Understanding Food: Principles and Preparation Ch#28, pg.548,552.
	Canning	Understanding Food: Principles and Preparation Ch#28, pg.545,546.
Week 14	Low Temperature – Refrigeration, freezing,	Understanding Food: Principles and Preparation Ch#28, pg.546,547

	Removal of Moisture – Drying, Dehydration	Understanding Food: Principles and Preparation Ch#28, pg.542,543
Week 15	Use of chemical additives Purpose of additives	Understanding Food: Principles and Preparation Ch#3, pg.54,
	Types of additives	Understanding Food: Principles and Preparation Ch#3, pg.55-57
Week 16	Role of different types of agents in food preservation Role of salt	Understanding Food: Principles and Preparation Ch#28, pg.543,544
	Role of oil Role of vinegar	Understanding Food: Principles and Preparation Ch#28, pg.544
Week 17	Revision	Understanding Food: Principles and Preparation Understanding Nutrition Fundamentals of Meal Management
	Revision	Understanding Food: Principles and Preparation Understanding Nutrition Fundamentals of Meal Management
Week 18	Final Exam	

Textbooks and Reading Material

1. Brown, A. C. (2019). *Understanding food: Principles and preparation* (6th ed.). Cengage Learning.
2. Kinder, F., & Green, N. R. (2022). *Meal Management* (2nd ed.; includes DVD). 3G ELearning.-
3. McWilliams, M. (2009). *Fundamentals of Meal Management* (5th ed.). Pearson Prentice Hall.
4. Whitney, E. N., & Rolfes, S. R. (2022). *Understanding nutrition* (16th ed.). Cengage Learning
5. Robinson, C. H., Lawler, M. R., Chenoweth, W. L., & Garwick, A. E. (1986). *Normal and therapeutic nutrition* (17th ed.). Macmillan Publishing Company.
6. Frazier, W. C., & Westhoff, D. C. (2014). *Food microbiology* (5th ed.). McGraw Hill Education (India) Private Limited.

Teaching Learning Strategies

Lecture-based learning through lectures and presentations.
Group learning through group assignments and discussion and performing practicals related to meal management and food preservation.
Individual learning- through planning and evaluation meal.

Assignments: Types and Number with Calendar

1. Quiz of 10 marks in week 6: topics covered in in week 4 and 5
2. Assignment of 5 marks in week 6.