

<b>Programme</b>	<b>ADP Home Economics</b>	<b>Course Code</b>	<b>HEFN-106L</b>	<b>Credit Hours</b>	<b>1(0+1)</b>
<b>Course Title</b>	<b>MEAL MANAGEMENT AND FOOD PRESERVATION (LAB)</b>				
<b>Course Introduction</b>					
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.					
<b>Learning Outcomes</b>					
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.					
<b>Course Content</b>			<b>Assignments/Readings</b>		
<b>Week 1</b>	Introduction to practical work of meal management and food preservation		Fundamentals of Meal Management. Pg 45-57		
<b>Week 2</b>	Introduction to menu planning		Fundamentals of Meal Management. Section 1, Pg 45-57		
<b>Week 3</b>	Planning and preparing menu for pregnant and lactating women		Understanding Nutrition Ch#15, pg.458-462, pg. 470- 473,		
<b>Week 4</b>	Planning and preparing packed meals for school going and office going individuals		Understanding Nutrition Ch#16, pg. 510, 511		
<b>Week 5</b>	Planning and preparing healthy snacks for adolescence		Understanding Nutrition Ch#16, pg.512-515, Ch#17, pg. 353-538		
<b>Week 6</b>	Use and care of table appointments.		Understanding Food: Principles and Preparation Ch#6, pg. 125-127		
<b>Week 7</b>	Planning, preparation and service of meals		Understanding Food: Principles and Preparation Ch#6, pg. 125-127		
<b>Week 8</b>	Planning, preparation and service of meals		Understanding Food: Principles and Preparation Ch#6, pg. 125-127		
<b>Week 9</b>	<b>Mid Term Exam</b>				
<b>Week 10</b>	Planning, preparation and service of meals		Understanding Food: Principles and Preparation Ch#6, pg. 125-127		
<b>Week 11</b>	Observation regarding spoiling agents in food		Understanding Food: Principles and Preparation Ch#28, pg.541		

<b>Week 12</b>	Steps involved in processing	Food Microbiology Pg.138
<b>Week 13</b>	Practical application of preservation methods	Understanding Food: Principles and Preparation
<b>Week 14</b>	Practical usage of salt and oil in preservation	Understanding Food: Principles and Preparation Ch#28, pg.544
<b>Week 15</b>	Practical usage of sugar and vinegar in preservation	Understanding Food: Principles and Preparation Ch#24, pg.306
<b>Week 16</b>	Preparation of jam, jelly and pickle	Understanding Food: Principles and Preparation Ch#14, pg. 305
<b>Week 17</b>	Preparation of jam, jelly and pickle	Understanding Food: Principles and Preparation Ch#14, pg.305
<b>Week 18</b>	<b>Final Term Exam</b>	
<b>Textbooks and Reading Material</b>		
<ol style="list-style-type: none"> <li>1. Brown, A. C. (2019). <i>Understanding food: Principles and preparation</i> (6th ed.). Cengage Learning.</li> <li>2. Kinder, F., &amp; Green, N. R. (2022). <i>Meal Management</i> (2nd ed.; includes DVD). 3G ELearning.-</li> <li>3. McWilliams, M. (2009). <i>Fundamentals of Meal Management</i> (5th ed.). Pearson Prentice Hall.</li> <li>4. Whitney, E. N., &amp; Rolfes, S. R. (2022). <i>Understanding nutrition</i> (16th ed.). Cengage Learning</li> <li>5. Frazier, W. C., &amp; Westhoff, D. C. (2014). <i>Food microbiology</i> (5th ed.). McGraw Hill Education (India) Private Limited.</li> </ol>		
<b>Teaching Learning Strategies</b>		
<p>Lecture-based learning through lectures and presentations.</p> <p>Group learning through group assignments and discussion and performing practicals related to meal management and food preservation.</p> <p>Individual learning- through planning and evaluation meal.</p>		
<b>Assignments: Types and Number with Calendar</b>		
<p>Presentation (Week 8):Planning, preparation and service of meals  Practical (Week 13-14): )usage of salt and oil in preservation  Activity (week 16-17):Preparation of jam, jelly and pickle</p>		