

Programme	Associate Degree in Home Economics	Course Code	HEFN-203L	Credit Hours	1(0+1)
Course Title	Fundamentals of Food And Nutrition (Lab)				
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 practical side of Food and Nutrition, Orientation to File Work				
Week 2	Basic practical terms, definitions and skills				
Week 3	Basic practical terms, definitions and skills				
Week 4	Learning of laboratory skills, abbreviations and symbols of terms used in measuring and weighing various foods.				
Week 5	Learning of laboratory skills, abbreviations and symbols of terms used in measuring and weighing various foods.				
Week 6	Nutrition Care Process, Methods of Dietary Intake, Recording Food Intake				
Week 7	Nutrition Care Process, Methods of Dietary Intake, Recording Food Intake				
Week 8	Mid Term				
Week 9	Introduction to Dietary Composition of Various Foods, Food Composition Table, Concept of Serving Size of Different Food Groups				
Week 10	Introduction to Dietary Composition of Various Foods, Food Composition Table, Concept of Serving Size of Different Food Groups				
Week 11	Introduction to Menu Planning, Rules of Menu Planning, Introduction to Meal Preparation				
Week 12	Introduction to Menu Planning, Rules of Menu Planning, Introduction to Meal Preparation				
Week 13	Effect of preparation and cooking on color, texture and palatability of different food groups				
Week 14	Effect of preparation and cooking on color, texture and palatability of different food groups				
Week 15	File signing				
Week 16	Final Term				
Text Books and Reading Materials					
Geissler, C. A., & Powers, H. J. (2010). <i>Human nutrition</i> (12th ed.). Churchill Livingstone.					
Mudambi, Sumati, R. and Rajagopal, M.V. (2013). <i>Fundamentals of Food, Nutrition, and diet therapy</i> . New Age International.					
Srilakshmi, B. (2023). <i>Food science</i> (8th ed., Multi- Colour Edition). New Age International Publishers					
Whitney, E. N., & Rolfes, S. R. (2022). <i>Understanding nutrition</i> (16th ed.). Cengage Learning					
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.					