

Programme	Associate Degree in Home Economics	Course Code	HEFN- 204	Credit Hours	2(2+0)
Course Title	Meal Management				
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. Develop skills to plan appropriate meals matching the nutritional needs of the family using available resources.					
2. To develop an understanding of market condition and important factors in selection of various food products.					
3. To create awareness about selection, care and use of table appointments in different table settings and service of meals.					
Course Contents					
Week 1	Introduction to Meal Planning, Importance of meal planning				
Week 2	Goals for meal planning, Principles of meal planning				
Week 3	Selection of various foods in relation to season and market conditions				
Week 4	Selection of table appointments.				
Week 5	Use and care of table appointments.				
Week 6	Study of different types of table settings				
Week 7	Group Discussion on assignments				
Week 8	Mid Term				
Week 9	Table manners and etiquettes				
Week 10	Types of Services				
Week 11	Table manners and etiquettes, continued				
Week 12	Types of Services				
Week 13	Types of Services				
Week 14	Presentations				
Week 15	Presentations				
Week 16	Final Assessment				
Text Books and Reading Materials					
Brown, A. C. (2019). Understanding food: Principles and preparation (6th ed.). Cengage Learning. Kinder, F., & Green, N. R. (2022). Meal Management (2nd ed.; includes DVD). 3G E Learning. McWilliams, M. (2009). Fundamentals of Meal Management (5th ed.). Pearson Prentice Hall. Whitney, E. N., & Rolfes, S. R. (2022). Understanding nutrition (16th ed.). Cengage Learning					
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.					