Programme	Associate Degree in Home Economics	Course Code	HEFN-103L	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). *Human nutrition* (12th ed.). Churchill Livingstone.
Mudambi, Sumati, R. and Rajagopal, M.V. (2013).Fundamentals of Food, Nutrition, and diet therapy. New Age International.
Srilakshmi, B. (2023). *Food science* (8th ed., Multi- Colour Edition). New Age International Publishers
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 discussion and laboratory work.
Individual learning through practical work and application of theory principles.