

VAC – I – 101 (Under NEP 2020)
MCM DAV College for Women, Sector – 36A, Chandigarh
Monthly Teaching Plans (Odd Semester)
Session – (2024-2025)

Name of the Teacher – Ms Darpanjot Kaur

Department of Home Science

Subject: Nutrition and Fitness – I (1+0)

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| 3 | October | November | Theory: <ul style="list-style-type: none"> • Importance of nutrition • Role of nutrition in fitness Practical: <ul style="list-style-type: none"> • Introduction to meal planning • Concept of food exchange system | <ul style="list-style-type: none"> • Lecture Method • Group Discussion • Group Activity • Project |
| 4 | November | December | Theory: <ul style="list-style-type: none"> • Nutritional guidelines for health and fitness • Nutritional supplements Practical: <ul style="list-style-type: none"> • Planning of meals for adults of different activity levels • Planning of meals for adults of different for various income groups | <ul style="list-style-type: none"> • Lecture Method • Group Discussion. • Group activity |

| S.No . | Date From | To | Topics to be covered | Academic activity Undertaken |
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| 1 | August | September | Theory: <ul style="list-style-type: none"> • Definition and importance of fitness • Health related terms Practical: <ul style="list-style-type: none"> • Identification of food source for various nutrients using food composition table | <ul style="list-style-type: none"> • Lecture Method • Group Discussion. • Group Activity |
| 2 | September | October | Theory: <ul style="list-style-type: none"> • Assessment of fitness • Approaches of keeping fit Practical: <ul style="list-style-type: none"> • Recording diet of self using 24 dietary recall and its nutritional analysis • Making food Diary and analyse dietary gaps | <ul style="list-style-type: none"> • Lecture Method • Group Discussion. • Experiential Learning • Case study |

VAC – 3– 301

(Under NEP 2020)

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Subject: Nutrition and Fitness - III (1+0)

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| 1 | August | September | <p>Theory:</p> <ul style="list-style-type: none"> • Changing trends in life style and dietary patterns in population groups and their implications on nutritional status and disease <p>Practical:</p> <ul style="list-style-type: none"> • KAP based survey – Introduction • Deciding topics • Development of questionnaire | <ul style="list-style-type: none"> • Lecture Method • Group Discussion. • Demonstration • Group Activity |
| 2 | September | October | <p>Theory:</p> <ul style="list-style-type: none"> • Triple burden of malnutrition <p>Practical:</p> <ul style="list-style-type: none"> • KAP based survey • Collection of data • Analysis of data • Making report • | <ul style="list-style-type: none"> • Lecture Method • Group Discussion. • Demonstration • Group Activity • Survey • Online tools for data collection and analysis |

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|---|----------|----------|---|---|
| 3 | October | November | <p>Theory:</p> <ul style="list-style-type: none"> Improving nutritional quality of diet Fortification and bioavailability of nutrition <p>Practical:</p> <ul style="list-style-type: none"> Identification of Nutraceutical and functional foods available in the market Planning Nutraceutical diets with fresh and natural foods Cooking demo – Preparation of Nutraceutical diets | <ul style="list-style-type: none"> Lecture Method Group Discussion. Demonstration Group Activity Market Survey |
| | November | December | <p>Theory:</p> <ul style="list-style-type: none"> Dietary diversity New food basket <p>Practical:</p> <ul style="list-style-type: none"> Cooking demo – Preparation of Nutraceutical diets To compare health claims of various Nutraceutical products Making a report | <ul style="list-style-type: none"> Lecture Method Group Discussion. Demonstration Group Activity |