

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)

3	October	November	<p>Theory:</p> <ul style="list-style-type: none"> • Importance of nutrition • Role of nutrition in fitness <p>Practical:</p> <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	<p>Theory:</p> <ul style="list-style-type: none"> • Nutritional guidelines for health and fitness • Nutritional supplements <p>Practical:</p> <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	<p>Theory:</p> <ul style="list-style-type: none"> • Definition and importance of fitness • Health related terms <p>Practical:</p> <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	<p>Theory:</p> <ul style="list-style-type: none"> • Assessment of fitness • Approaches of keeping fit <p>Practical:</p> <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

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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

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