

**VAC – I – 101**  
**(Under NEP 2020)**  
**MCM DAV College for Women, Sector – 36A, Chandigarh**  
**Monthly Teaching Plans (Odd Semester)**  
**Session – (2025-2026)**

**Name of the Teacher – Ms Darpanjot Kaur**

**Department of Home Science**

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

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

4	November	December	<p>Theory:</p> <ul style="list-style-type: none"> <li>• Nutritional guidelines for health and fitness</li> <li>• Nutritional supplements</li> </ul> <p>Practical:</p> <ul style="list-style-type: none"> <li>• Planning of meals for adults of different activity levels</li> <li>• Planning of meals for adults of different for various income groups</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Method</li> <li>• Group Discussion.</li> <li>• Group activity</li> <li>• </li> </ul>
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**VAC – II– 201**  
**(Under NEP 2020)**  
**MCM DAV College for Women, Sector – 36A, Chandigarh**  
**Monthly Teaching Plans (Odd Semester)**  
**Session – (2025-2026)**

**Name of the Teacher – Ms Darpanjot Kaur**

**Department of Home Science**

**Subject: Nutrition and Fitness – II (1+0)**

<b>S.No .</b>	<b>Date From</b>	<b>To</b>	<b>Topics to be covered</b>	<b>Academic activity Undertaken</b>
1	January	February	<p><b>Theory:</b></p> <ul style="list-style-type: none"> <li>• Fundamentals of Nutrition &amp; Fitness- Course overview</li> <li>• Importance of Physical Activity - Frequency, Intensity, Time and Type (FITT) Principle</li> <li>• </li> </ul> <p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• Estimation of BMI &amp; Interpretation</li> <li>• Diet plan children (high protein)</li> <li>• Cooking demo for high protein recipe</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Method</li> <li>• Group Discussion.</li> <li>• Demonstration</li> <li>• Group Activity</li> </ul>
2	February	March	<p><b>Theory:</b></p> <ul style="list-style-type: none"> <li>• Physical activity for different age groups</li> <li>• Guide lines - physical activity pyramid</li> </ul> <p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• Estimation of nutritional status parameters</li> <li>• Diet plan for weight management (obese adult)</li> <li>• Cooking Demo for a recipe for weight reduction</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Method</li> <li>• Group Discussion.</li> <li>• Demonstration</li> <li>• Group Activity</li> </ul>

3	March	April	<p>Theory:</p> <ul style="list-style-type: none"> <li>• Assessment &amp; Etiology of Overweight and Obesity</li> <li>• Diet &amp; Exercise in weight management</li> </ul> <p>Practical:</p> <ul style="list-style-type: none"> <li>• Planning low cost and high nutrition recipes and</li> <li>• Cooking demo for a low cost, high nutrition recipe</li> <li>• Nutritional labelling- reading and interpreting food packets</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Method</li> <li>• Group Discussion.</li> <li>• Demonstration</li> <li>• Group Activity</li> <li>• Market Survey</li> <li>• </li> </ul>
4	April	May	<p>Theory:</p> <ul style="list-style-type: none"> <li>• Fad diets- definition, types &amp; risks</li> <li>• Principles of planning weight-reducing diets</li> </ul> <p>Practical:</p> <ul style="list-style-type: none"> <li>• Diet plan for working professional (high-energy snacks)</li> <li>• Cooking demo for high energy snacks</li> <li>• To complete the files</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Method</li> <li>• Group Discussion.</li> <li>• Demonstration</li> <li>• Group Activity</li> <li>• </li> </ul>

**VAC – 3 – 301**  
**(Under NEP 2020)**  
**MCM DAV College for Women, Sector – 36A, Chandigarh**  
**Monthly Teaching Plans (Odd Semester)**  
**Session – (2025-2026)**

**Name of the Teacher – Ms Darpanjot Kaur**

**Department of Home Science**

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

<b>S.No .</b>	<b>Date From</b>	<b>To</b>	<b>Topics to be covered</b>	<b>Academic activity Undertaken</b>
1	August	September	<p><b>Theory:</b></p> <ul style="list-style-type: none"> <li>• Changing trends in life style and dietary patterns in population groups and their implications on nutritional status and disease</li> </ul> <p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• KAP based survey – Introduction</li> <li>• Deciding topics</li> <li>• Development of questionnaire</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Method</li> <li>• Group Discussion.</li> <li>• Demonstration</li> <li>• Group Activity</li> </ul>
2	September	October	<p><b>Theory:</b></p> <ul style="list-style-type: none"> <li>• Triple burden of malnutrition</li> </ul> <p><b>Practical:</b></p> <ul style="list-style-type: none"> <li>• KAP based survey</li> <li>• Collection of data</li> <li>• Analysis of data</li> <li>• Making report</li> <li>• </li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Method</li> <li>• Group Discussion.</li> <li>• Demonstration</li> <li>• Group Activity</li> <li>• Survey</li> <li>• Online tools for data collection and analysis</li> </ul>

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