

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)**

S.No .	Date From	To	Topics to be covered	Academic activity Undertaken
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
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	<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 •
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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)

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

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

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)

S.No .	Date From	To	Topics to be covered	Academic activity Undertaken
1	August	September	Theory: <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 Practical: <ul style="list-style-type: none">KAP based survey – IntroductionDeciding topicsDevelopment of questionnaire	<ul style="list-style-type: none">Lecture MethodGroup Discussion.DemonstrationGroup Activity
2	September	October	Theory: <ul style="list-style-type: none">Triple burden of malnutrition Practical: <ul style="list-style-type: none">KAP based surveyCollection of dataAnalysis of dataMaking report	<ul style="list-style-type: none">Lecture MethodGroup Discussion.DemonstrationGroup ActivitySurveyOnline 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
4	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