

F.Y.B.A. (Home Science)
Semester-I
Nutritional Cookery (Practical)
FSE (I) -103

Objectives:-

1. To develop skill in preparing recipes rich in various Nutrients.
2. Develop skills in preparing recipes according to cooking methods.
3. To learn to calculate Nutritive value from various recipes.

Unit-1 Use of various cooking methods and prepare a one recipe and calculate Nutritive value.

1. Roasting
2. Baking
3. Steaming
4. Frying
5. Grilling
6. Microwave cooking

Unit-2 Prepare one recipe rich in Nutrients and calculate Nutritive value.

1. Carbohydrate rich dish
2. Protein rich dish
3. Fat rich dish
4. Vitamin-A rich dish
5. Vitamin-B1 (Thiamine) rich dish
6. Vitamin-B2 (riboflavin) rich dish

Unit-3 Prepare one recipe and calculate Nutritive value .

1. Niacin rich dish
2. Vitamin-C rich dish
3. Iron rich dish
4. Calcium rich dish
5. Sprouting rich dish
6. Roughage rich and fermented method rich dish

Unit-4

1. Nutritional Survey of 10 families from local community.
2. Presentation of seminar related food and Nutrition.
3. Assignment submission on related subject.