

S.Y.B.A. (Home-Science)- III Semester

Practical-Family Diet Planning (CORE Elective paper -CE 205)

➤ **Objectives :-**

1. To develop skill in preparing meal planning.
2. To be able to Plan and prepare meals for different age groups and special groups.
3. Menu planning for different income level and according to different activities.

PRACTICALS

➤ **Unit – 1**

- Study the concept of various weights and measures like cup, glass, spoon etc.
- To study the weights of raw and cooked foods
- Preparation of Supplementary foods

➤ **Unit – 2**

- Diet Plan for 1 to 5 years old child, calculate nutritive value and prepare any four recipes from the plan .
- Diet Plan for 6 to 12 years old child, calculate nutritive value and prepare any four recipes from the plan .
- Diet Plan for Adolescent boys and girls, calculate their nutritive value and prepare any four recipes from the plan .

➤ **Unit- 3**

- Diet Plan for adult man according to their occupation and income, calculate their nutritive value and prepare any three recipes for each plan.
- Diet Plan for adult woman according to their occupation and income, calculate their nutritive value and prepare any three recipes for each plan.
- Diet Plan for pregnant woman, calculate their nutritive value and prepare any three recipes from the plan .

➤ **Unit -4**

- Diet Plan for lactating woman, calculate nutritive value of plan and prepare any three recipes from the plan.
- Diet Plan for old age person, calculate nutritive value of plan and prepare any three recipes from the plan.
- Prepare a chart of recommended dietary allowances for Indian people

➤ **References**

1. Dr.Vrunda Sinh- Shyam Prakashan Jaipur Ahar Niyojan (Meal Planning)
2. Srilakshmi B (1990) Dietics,New delhi, New Age International (P) Ltd. Publishers- Wiley Eastern Ltd.
3. Gopalan C. Rama Sastri B V and Balasubramanyam S C (1993) Revised and updated by Narasingha Rao B S Deosthale y G and Paul K C ,Nutritive value of Indian foodfs , Hyderabad, National Institute of Nutrition , Indian council of Medical research