

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

### **Family Meal management (CORE Compulsory -CC 205)**

#### ➤ **Objectives :-**

1. To learn the importance of meal planning and principal of meal planning
2. To be able to plan and prepare meals for different age groups and special groups
3. To plan and prepare foods for various group of people

#### ➤ **Unit – 1**

1. Definition of meal planning , principal of meal planning, importance of meal planning, factors affecting of meal planning, process of meal planning
2. Balance diet:- Its definition, factors affecting on balance diet, points to be kept in mind while planning balance diet
3. Importance of weights and Measures

#### ➤ **Unit- 2**

1. Nutrition during infancy
  - Growth and development during infancy
  - Nutritional requirements
  - Importance of breast milk and its advantages
  - Bottle feeding, its advantages and disadvantages
  - Supplementary foods, Low cost supplementary foods
2. Nutrition for preschool children and their meal management
  - Growth and development
  - Nutritional requirement
  - Balanced diet for them
  - Points to be kept in mind for planning a meal for preschool children
  - Nutritional problems of pre school children

➤ **Unit- 3**

1. Nutrition and meal management for school children
  - Nutritional requirement of school children
  - Balanced diet for school children
  - Planning of school snacks and list of school snacks
  
2. Nutrition for adolescence and their meal management
  - Growth and development
  - Nutritional requirements
  - Balanced diet
  - Nutritional problems of Adolescence
  
3. Nutrition for Adulthood
  - Classification of adult person according to their work
  - Nutritional requirement of adult man and women according to their work
  - Factors affecting on nutritional requirement of Adult man and woman
  - Balanced diet for Adult man and woman

➤ **Unit -4**

1. Nutrition during pregnancy and meal management in pregnancy
  - Changes during pregnancy
  - Desirable weight gain in pregnancy
  - Nutritional requirement in pregnancy
  - Meal planning for pregnant woman
  - Complications during various stages of pregnancy
  
2. Nutrition for lactating woman and their meal management
  - Nutritional requirement during lactation
  - Meal planning for lactating mother
  - Effect of mother's diet on the composition and out put milk
  
3. Geriatric nutrition (Nutrition for old age people)
  - Changes occur during aging
  - Nutritional requirement during old age
  - Problems of old age
    - Special meal planning for old people

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3. Srilakshmi B (1990)  
Dietetics, New Delhi: New age international Pvt. Ltd.  
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4. Dr. Vrunda Sinh  
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