

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

**Practical- Practices on meal Management**

**(CORE Elective paper -CE 205)**

➤ **Objectives :-**

To enable the students to

1. Learn the principles of meal planning.
2. Plan and prepare meals for the family at different income levels.
3. Plan meals for special Groups.

**PRACTICALS**

➤ **Unit – 1**

- Study the concept of various weights and measures .
- Conversion of weights and volumes of raw foods to cooked foods.
- Preparation of weaning foods (Supplementary foods) .
- Planning a whole day's meal for an infant (10-12 months), calculate nutritive value of whole day's plan and prepare any two recipes from the plan .

➤ **Unit- 2**

- Planning a whole day's meal for pre-school children (1 to 5 years), calculate nutritive value of whole day's plan and prepare any two recipes from the plan .
- Planning a whole day's meal for school going children (6 to 12 years), calculate nutritive value of whole day's plan and prepare a packed lunch for school going child .
- Planning a whole day's meal for adolescence (boys and girls ) and calculate nutritive value of whole day's plan and prepare 2-2 recipes for each(Boys and girls)

➤ **Unit- 3**

- Planning a whole day's meal adult man and woman during different physical activities e.g. sedentary worker, moderate worker, hard worker and according to their income e.g. high income group, middle income group and low income group and calculate nutritive value ,prepare any two recipes from each group.
- Planning a whole day's meal for pregnant woman, calculate nutritive value and prepare any two recipes for pregnant woman.

➤ **Unit -4**

- Planning a whole day's meal for lactating woman, calculate nutritive value and prepare any two recipes for lactating woman.
- Planning a whole day's meal for old person, calculate nutritive value and prepare any two recipes for old person.
- 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)  
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3. Gopalan C. Rama Sastri B V and Balasubramanyam S C  
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