

K.B.Women's College, Hazaribag

LESSON PLAN FOR SEMESTER -1 (2015)

SUBJECT - Clinical Nutrition & Dietetics (CND)

NAME - Dr.(Mrs.) Nanda Verma

DESIGNATION - Lecturer

Sl. No	Paper	Topics/ Unit	No. of Classes Allotted		No. of Credit
			Theory	Practical	
01	CC-1 Basic Nutrition	<u>Water and Electrolyte Balance</u> a) Water as a nutrient – Function, Source, Requirement. b) Water Balance c) Effects of Deficiency	3	Estimation of calcium in milk Demonstration-2 Practical-6	Credit Theory-0.8 Practical-0.8
02		<u>Acid Base Balance</u> a) Buffer system b) Role of Respiration c) Renal Mechanism	3		
03		<u>Energy</u> a) Food as a source of energy unit energy value of food b) Direct and indirect Calorimetric c) BMR, Body's need of energy , Factors affecting BMR	3		
	CC-2 Nutritional Biochemistry	Molecular Transport a) Passive diffusion b) Active Transport c) Nutrient and energy needs, Coupled reaction	3	Test for proteins Demonstration - 2 Practical -2	
		Total :	12	12	Total:1.6

K.B.Women's College, Hazaribag

LESSON PLAN FOR SEMESTER -1 (2015)

SUBJECT - Clinical Nutrition & Dietetics (CND)

NAME - Sweta Kumari

DESIGNATION - Lecturer

Sl.No	Paper	Topics/ Unit	No. of Classes Alloted		No. of Credit
			Theory	Practical	
01	CC-1 Basic Nutrition	PCM a) Classification of PCM b) Dietary Management of PCM	02	Qualitative test for carbohydrate i) Demonstration - 2 ii) Practical - 6	Credit Theory-2.4 Practical-0.8
06		Carbohydrate a) Composition & classification of carbohydrate b) Food sources c) Functions d) Storage in the body e) RDA	06		
10		Minerals – Function, sources, bioavailability, RDA, and deficiency of following a) Calcium b) Phosphorous c) Potassium d) Iron e) Fluorine f) Sodium	10		

02	CC-2	<u>Carbohydrate Metabolism</u> a) Classification of Carbohydrate b) Glucose Transport c) Biological Oxidation d) Glycolysis e) Metabolism of pyruvate and lactate f) Citric acid cycle g) Gluconeogenesis h) Pentose Phosphate Pathway	18	Benedict test for sugar i) Demonstration - 2 ii) Practical -2	
		Total :	36	12	Total:3.2

Sweta Kumari

K.B.Women's College, Hazaribag

LESSON PLAN FOR SEMESTER -1 (2015)

SUBJECT - Clinical Nutrition & Dietetics(CND)

NAME - Mrs Nikunj Neelima

DESIGNATION - Lecturer

Sl.No.	Paper	Topics/ Unit	No. of Classes Allotted		No. of Credit
			Theory	Practical	
02	CC-1 Basic Nutrition	<u>Interrelationship between Nutrition & health</u> a) Visible sign of good health	3	Determination of ash content of food stuff. Demonstration - 2 Practical - 6	Credit Theory-1.6 Practical-0.8
03		<u>Food guide</u> a) Basic five food groups b) How to use food guide	3		
08		<u>Protein</u> a) Composition b) food sources c) Essential, non essential amino acid d) Function of protein, RDA	3		
11		<u>Vitamins –</u> Classification, Sources, Requirements, units of measurement , functions, deficiency a) Fat Soluble vitamin i) Vitamin A ii) Vitamin D iii) Vitamin E iv) Vitamin K	6		

	CC-2 Nutritional Biochemistry	b) <u>Major metabolic Pathway.</u> c) <u>Amino acid metabolism</u> i) Classification of protein ii) General pathway biochemical transformation and metabolism	9	Iodine Test for Starch Demonstration - 2 Practical -2	
		Total :	24	12	Total: 2.4

Nikunj Neelima

K.B.Women's College, Hazaribag

LESSON PLAN FOR SEMESTER -1 (2015)

SUBJECT - Clinical Nutrition & Dietetics(CND)

NAME - Dr.(Mrs Gajinder) pal Kaur

DESIGNATION - Lecturer

Sl.No.	Paper	Topics/ Unit	No. of Classes Allotted		No. of Credit
			Theory	Practical	
CC1	Basic Nutrition			Determination of Moisture Content of food stuff. Demonstration - 2 Practical - 6 Test for protein Demo. - - 2 Practical - 2	Credit Theory-0.8 Practical-0.8
03	CC-2 Nutritional Biochemistry	Genetic control of metabolism: Nucleic acids Components structure RNA components Types of RNA Structure Replication Genetic repair mechanism Genetic code Protein biosynthesis	12		
		Total :	12	12	Total:1.6

Mrs Gajunder pal Kaur

K.B.Women's College, Hazaribag

LESSON PLAN FOR SEMESTER -1 (2015)

SUBJECT - Clinical Nutrition & Dietetics (CND)

NAME - Miss POONAM KUMARI

DESIGNATION - Lecturer

Sl. No.	Paper	Topics/ Unit	No. of Classes Allotted		No. of Credit
			Theory	Practical	
01	CC-1 Basic Nutrition	<u>Introduction to Nutrition</u> a) Food as a source of Nutrients b) Functions of food c) Definition of Nutrition d) Adequate, optimum and good nutrition.	1	Estimation of protein from Milk. Demonstration - 2 Practical - 6	Credit Theory-2.4 Practical-0.8
07		<u>Fats and oils</u> a) Composition and classification b) Saturated and unsaturated fatty acids. c) Essential fatty acids d) food sources of fats. e) Functions of Fats. f) RDA	3		
11		<u>Vitamins - Classification, sources, Requirements, Units of measurement ,Functions, Deficiency of following Water Soluble Vitamin</u> i) Vitamin- B complex a) Thiamine b) Riboflavin c) Niacin d) Pyridoxine f) Vitamin B ₁₂ ii) Ascorbic Acid	14		

	CC-2 Nutritional Biochemistry	Lipid metabolism a) Classification of Lipids b) Intestinal resynthesis of triglycerides transport c) Beta- Oxidation of fatty acids d) Bio synthesis of fatty acids e) Mobilization of Fat f) Metabolism of Phospholipids g) Glycolipids and cholesterol	18	Test for Glucose Demonstration - 2 Practical -2	
		Total :	36	12	Total:3.2

Poonam Kumari