

NUTRITION (NUTN)

Class - XII

Full Marks 100

Theory Marks 70

A. Nutritive Process and concepts of Calorie

1. Utilization of food by the body: digestion, absorption and metabolism.
2. Energy requirement during rest, different physical activities and different physiological conditions, e.g. growth, pregnancy and lactation.

B. Dietetics and Diet Planning

1. Balance diet for pregnant and nursing mother.
2. Feeding of infants- breast feeding vs. artificial feeding. Infant weaning food.
3. Defective feeding of infants as a cause of malnutrition.
4. Formulation of low cost balance diet from locally available cheap foods.
5. Preparation of simple therapeutic diets.
6. Methods of food preservation.

C. Nutrition for the Community

1. The common deficiency diseases in India: Protein calorie malnutrition, Vitamin A malnutrition, anemia, goiter, etc.
2. Supplementary feeding for vulnerable groups.
3. Nutrition education for the community including cooking demonstrations.
4. Methods of survey of food consumptions and food habits in families.
5. Elementary idea about the current National Nutritional Programmes in India.
6. Use of food value tables and calculation of nutritive value of the diet.

PRACTICAL (30 marks)

1. Detection of carbohydrate, protein (albumin) and fat in food.
2. Preparation of nutritious snacks for School Tiffin based on locally available food.
3. Prepare a liquid diet to alleviate diarrhea.
4. Prepare a day's diet for an average adult women, allowances for pregnant and nursing mother.
5. Carry out diet survey in a family and interpret the results in term of adequacy.