



J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD, HARYANA, (INDIA)

A State Government University (Accredited 'A+' Grade by NAAC)

(Established by Haryana State Legislative Act No. 21 of 2009, Recognized by U.G.C. u/s 2 (f) and 12(B) of U.G.C. Act 1956)
SECTOR-6, MATHURA ROAD, FARIDABAD-121006, HARYANA, (INDIA)

Community College of Skill Development

Lesson Plan: Diet and Nutrition

Program: Diploma (Yoga and Naturopathy), Semester: 1st , Course Code:YND-302-V

Credits: 03

Course Objectives: The objective of studying this course is to acquire knowledge on the balanced diet and nutritional value. Student will be able to identify and apply food principle and nutrition system.

Course Outcomes:

- CO1. Understand the basic concept of balanced diet.**
- CO2. Analyze the type of food and their nutritional value.**
- CO3. Learn the role of diet in healthy living.**
- CO4. Understand the yogic concept of diet.**

Equipment required in Classroom/ Laboratory/ Workshop

- i. LCD/Projector
- ii. Whiteboard/ Black Marker

Assessment Scheme

S.No.	Criteria	Marks
1	End Term Examination	75
2	Internal Evaluation Scheme	25
2a	Class Tests	15
2a (i)	Class Test-I	7.5
2a (ii)	Class Test-II	7.5
2(b)	Teacher Assessment (Continuous Evaluation)	10

2b (i)	Attendance	5
2b (ii)	Assignment / Presentation	5

Lecture No.	Topic Covered	Pedagogy	Date of Implementation	Course Outcomes Covered	Faculty Sign
1	Meaning of nutrition, definitions of nutritional requirement	Holistic Approach		CO1	
2	Concept of food, acceptance of food, function of food	Holistic Approach		CO1	
3	Macro nutrients: Carbohydrate, Fat (source, function and effect in body)	Holistic Approach		CO1	
4	Macro nutrients : protein (source, function and effect in body)	Holistic Approach		CO1	
5	Micro nutrients: vitamins, minerals (source, function and effect in body)	Holistic Approach		CO1	
6	Micro nutrients: water, roughage (source, function and effect in body)	Holistic Approach		CO1	
7	Cereals and millets- selection, preparation and nutritive value	Holistic Approach		CO2	
8	Pulses, nuts and oilseeds- selection, preparation and nutritive value	Holistic Approach		CO2	
9	Milk and milk product- selection, preparation and nutritive value	Holistic Approach		CO2	

10	Vegetables and Fruits-selection, preparation and nutritive value	Holistic Approach		CO2	
11	Fatty oil, sugar,jaggary-selection, preparation and nutritive value	Holistic Approach		CO2	
12	Energy- key concept, definition and components of energy requirements	Holistic Approach		CO3	
13	Concept of metabolism, anabolism and catabolism	Holistic Approach		CO3	
14	BMR, SDA	Holistic Approach		CO3	
15	Physical activity, factor affecting BMR	Holistic Approach		CO3	
16	Method and requirements for estimating energy expenditure	Holistic Approach		CO3	
17	General concepts to diet concept, concept of mitahara, definition and classification	Foundational		CO4	
18	Yogic diet: Gherand Samhita, Hathpradeepika	Foundational		CO4	
19	Bhagwadgeeta – satvik, rajsik, tamsik diet.	Foundational		CO4	
20	Pathya, apathy food according to text	Foundational		CO4	
21	Vatta, pitta and Kapha: nature of body	Foundational		CO4	

Reference Books:

1. A complete handbook of Nature cure- H. K. Bakhru, 1991
2. Mera aahar mera swasthya – Nagendra Kumar Neeraj, 2014

