

**E.M. GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE**  
**An Autonomous Institution -Affiliated to Madurai Kamaraj University**  
**Re-accredited (3<sup>rd</sup> Cycle) with Grade A+ & CGPA 3.51 by NAAC**



# **LESSON PLAN**

## **2022-2023**

DEPARTMENT OF **NUTRITION & DIETETICS**

**(UG – Odd & Even Semester)**



**E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI - 625 014.**  
(An Autonomous Institution - Affiliated to Madurai Kamaraj University)  
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**LESSON PLAN  
2022-2023**



Semester : I




Class : IN&D

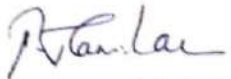
Sub. Code : 22OUND11

Title of the Paper: Food Science -I

Total Hours : 75 Hours

| Month     | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|-----------|------|--|-----------------|-------------------------|---|
| June 2022 | I    | <b>Unit - I</b><br><b>Food : Meaning, Functions.</b><br>Various food groups- basic seven, five and four. Preliminary Preparations- cleaning, peeling and stringing, cutting and grating, sieving, coating, blanching, marinating, sprouting or germination, fermentation, grinding, drying, filtering and roasting. Cooking- objectives, Methods -moist heat, dry heat. other cooking methods - microwave cooking, solar cooking and their merits and demerits.  | 12              | Chalk And Talk          | <br>Mrs. K. Janaki   |
| July 2022 | II   | <b>Unit - II Cereals And Millets :</b><br>Classification of cereals and millets, Structure of wheat, and finger millet, Nutritional composition - wheat, rice, maize or corn, jowar, ragi and bajra. Processing- parboiling, parching, puffing, malting, extrusion - merits and demerits. Cereal cookery - Effect of cooking - gelatinization, retrogradation and dextrinisation, gluten formation, Types of food starches - amylose, amylopectin, resistant and modified starch Role of cereals in cookery. | 9               | Chalk And Talk          | <br>Mrs. K. Janaki |

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|-------------|-----|---|----|----------------------|---|
| Aug<br>2022 | III | <b>Unit – III Pulses:</b> Classification, Nutritional Composition, Processing-soaking, germination, fermentation, decortication, parching and extrusion. Effect of cooking, Role of pulses in cookery. Antinutrients - lathrogens, trypsin inhibitors, haemagglutinins and cyanogenicglycoside, favism, goitrogens, tannins, saponins. Factors affecting cooking quality of pulses. | 15 | Chalk<br>And<br>Talk | <br>Mrs. K. Janaki   |
| Sep<br>2022 | IV  | <b>Unit –IV Nuts And Oil Seeds:</b> Classification, Nutritional composition - almonds, coconut, pistachio, groundnut, cashewnut, butternut, pine nut, walnut and gingelly seeds processing of oilseed – gingelly seed. Toxic constituents - aflatoxins and gossypol. Role of nuts and oilseeds in cookery .   | 9  | Chalk<br>And<br>Talk | <br>Mrs. K. Janaki   |
| Oct<br>2022 | V   | <b>Unit –V Vegetables &amp; Fruits:</b> Classification, Selection, Nutritional composition, Pigments - water soluble and fat soluble , maturation and ripening. Browning reaction – types, and prevention. Effect of cooking , conservation of nutrients during cooking, Role of vegetable & fruit cookery .  | 15 | Chalk<br>And<br>Talk | <br>Mrs. K. Janaki |

  
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**LESSON PLAN**  
**2022-2023**



Class : I N&D

Semester : I

Sub. Code : 22OUNDGENDI

Title of the Paper: Human Physiology

Total Hours : 75 Hours

| Month     | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods                  | Course Teacher Signature   |
|-----------|------|--|-----------------|--|--|
| June 2022 | I    | <b>Unit - I Cells, Tissue and Endocrine Glands :</b> Cells - meaning, types and functions - bone, cartilage, nerve, epithelial, muscle, secretory, adipose, blood Tissues- meaning, types and functions. Endocrine glands - structure and functions of pituitary, thyroid, parathyroid, adrenal. | 18              | Chalk and talk, Group Discussions , Quiz | <br>Mrs. B. Ruba Rani |
| July 2022 | II   | <b>Unit -II Digestive System:</b> Structure and functions of stomach, GI tract - small intestine and large intestine pancreas and gall bladder. Process of digestion and absorption of food. Role of liver.  | 18              | Chalk and talk, Quiz                     | <br>Mrs. B. Ruba Rani |
|           | III  | <b>Unit - III Circulatory and Respiratory System :</b> Blood-function, composition, blood  | 18              |  |  |



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|-------------|----|--|----|---|--|
| Aug<br>2022 |    | coagulation, blood grouping, blood transfusion. structure and functions of heart, cardiac cycle. structure and functions of respiration, transport of gases in lungs, mechanism of respiration,  |    | Chalk and talk, PPT, On the spot Test             | Mrs. B. Ruba Rani<br><i>B. Ruba Rani</i> |
| Sep2022     | IV | <b>Unit – IV Excretory and Reproductive System :</b><br>Structure and functions of excretory system, formation of urine, composition of urine. Structure of male and female reproductive organs, menstrual cycle, ovulation and hormones.                | 18 | Chalk and talk, PPT, On the spot Test             | <i>B. Ruba Rani</i><br>Mrs. B. Ruba Rani |
| Oct 2022    | V  | <b>Unit – V Nervous System and sensory organs:</b> Nervous system –sympathetic, parasympathetic. central nervous system - structure and functions of brain and spinal cord. structure of eye, ear, nose, skin ,tongue - mechanism of vision and hearing. | 18 | Chalk and talk, PPT, On the spot Test, Assignment | <i>B. Ruba Rani</i><br>Mrs. B. Ruba Rani |

*R. R. Rani*

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**LESSON PLAN**  
**2022-2023**




Class : I N&D


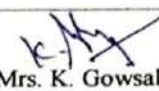
Semester :I

Sub. Code : 22OUNDSE11

Title of the Paper: Spices and Herbal Nutrition

Total Hours : 30

| Month     | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|-----------|------|--|-----------------|-------------------------|---|
| June 2022 | I    | Unit – I Spices and Herbs – meaning , functions, and classification  | 4               | Chalk And Talk          | <br>Mrs. K. Gowsalya   |
| July 2022 | II   | Unit – II Major spices of India- pepper , cardamom, chillies ,turmeric and ginger - nutritional composition ,culinary uses and therapeutic value.                                  | 6               | Chalk And Talk          | <br>Mrs. K. Gowsalya   |
| Aug 2022  | III  | Unit – III Minor spices of India – garlic, onion ,asafoetida, fenugreek, cinnamon , cumin, omum, mustard ,and clove- nutritional composition, culinary uses and therapeutic value. | 10              | Chalk And Talk          | <br>Mrs. K. Gowsalya |

|             |    |   |   |                      |   |
|-------------|----|---|---|----------------------|---|
| Sep<br>2022 | IV | <b>Unit – IV Herbs-</b> stevia, coriander leaves ,mint, curry leaves ,celery, aloe vera, basil and rosemary -nutritional composition , culinary uses and therapeutic value. | 4 | Chalk<br>And<br>Talk | <br>Mrs. K. Gowsalya |
| Oct<br>2022 | V  | <b>Unit – V Preparation of herbal products</b> - herbal Tea , juices, soups   | 6 | Chalk<br>And<br>Talk | <br>Mrs. K. Gowsalya |

  
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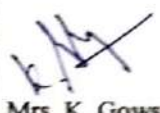




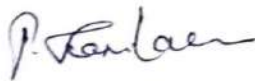
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**LESSON PLAN**  
**2022-2023**

Class : I N&D  
Sub. Code : 22OUNDID1  
Title of the Paper: Basic Nutrition  
Total Hours : 30

Semester : I

| Month     | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|-----------|------|--|-----------------|-------------------------|---|
| June 2022 | I    | Unit - I Basic concepts - Meal planning, factors and principles of meal planning, food groups, food pyramid, my plate. nutrition, nutrients, health, nutritional status, malnutrition, under nutrition, over nutrition, balanced diet and RDA. | 4               | Chalk And Talk          | <br>Mrs. K. Gowsalya   |
| July 2022 | II   | Unit - II Carbohydrate - definition, classification, function, sources and RDA for different age groups.   | 6               | Chalk And Talk          | <br>Mrs. K. Gowsalya |
| Aug 2022  | III  | Unit - III Protein- definition, classification, functions, sources, deficiency and RDA.  | 5               | Chalk And Talk          | <br>Mrs. K. Gowsalya |

  
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**2022-2023**



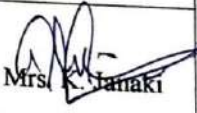
Class : I N&D

Sub. Code : 22OUNDID1

Title of the Paper: Basic Nutrition

Total Hours : 30

Semester : I

| Month    | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|----------|------|---|-----------------|-------------------------|---|
| Aug 2022 | III  | Lipids-definition, functions, types, sources, deficiency and RDA. -   | 3               | Chalk And Talk          | <br>Mrs. K. Janaki   |
| Sep 2022 | IV   | Unit - IV Vitamins - water soluble (thiamine, riboflavin, niacin, B12), fat soluble (A, D, E, and K), functions, sources, deficiency and RDA. | 10              | Chalk And Talk          | <br>Mrs. K. Janaki |
| Oct 2022 | V    | Unit -V Minerals - functions, sources, deficiency and RDA of calcium, iron, iodine, zinc and sodium.  | 6               | Chalk And Talk          | <br>Mrs. K. Janaki |



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**LESSON PLAN**  
**2022-2023**


Class : II N&D




Sub. Code : 21N31


Semester :III

Title of the Paper : Fundamentals of Nutrition

Total Hours : 75 Hours

| Month     | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|-----------|------|---|-----------------|-------------------------|---|
| June 2022 | I    | <b>Unit -I</b><br><b>Nutrition and Health</b><br>:Definition, relation of food to health, RDA, factors affecting RDA, reference man and woman.<br><b>Energy:</b> Units of energy, determination of energy content of foods – bomb calorimeter, determination of energy requirements, basal metabolic rate, factors affecting BMR, SDA of foods. | 14              | Chalk and Talk          | Mrs. K. Gowsalya<br> |

|              |            |   |    |                |   |
|--------------|------------|---|----|----------------|---|
| July<br>2022 | <b>II</b>  | <b>Unit – II</b><br><b>Carbohydrates:</b> classification, sources, functions, digestion, absorption.<br><b>Dietary fibre</b> : classification, sources, role of dietary fibre.<br><b>Water</b> : functions, types, distribution, dehydration. | 14 | Chalk and Talk | <br>Mrs. K. Gowsalya   |
| Aug<br>2022  | <b>III</b> | <b>Unit - III</b><br><b>Protein:</b> Nutritional Classification, functions, digestion, absorption, protein quality (BV, PER, NPU), types of amino acids.  | 15 | Chalk and Talk | <br>Mrs. K. Gowsalya  |
| Sep<br>2022  | <b>IV</b>  | <b>Unit - IV</b><br><b>Lipids:</b> Classification, functions, digestion, absorption.  | 15 | Chalk and Talk | <br>Mrs. K. Gowsalya |

  
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**LESSON PLAN**  
**2022-2023**


Class : II N&D

Semester : III

Sub. Code : 21N31

Title of the Paper : Fundamentals of Nutrition

Total Hours : 75 Hours

| Month    | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|----------|------|--|-----------------|-------------------------|---|
| Oct 2022 |      | <b>Vitamins:</b> Fat soluble – A,D,E and K ,water soluble –B <sub>1</sub> ,B <sub>2</sub> ,B <sub>6</sub> ,B <sub>12</sub> and C functions, sources, deficiency<br><b>Minerals:</b> Classification, functions, sources and deficiencies - calcium, phosphorus, iron, iodine, zinc. | 14              | Chalk & Talk            | <br>Mrs. P. Tamilarasi |

  
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**LESSON PLAN**  
**2021-2022**




Class : II N&D



Semester : III

Sub. Code : 21AN31

Title of the Paper: Bakery

Total Hours : 75 Hours

| Month     | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|-----------|------|--|-----------------|-------------------------|---|
| June 2022 | I    | <b>Unit - I</b><br>Introduction to bakery, baking principles, role of wheat flour in bakery products, types of flour, composition of flour, characteristics of good quality flour, flour test.     | 14              | Chalk And Talk          | <br>Mrs. K. Gowsalya   |
| July 2022 | II   | <b>Unit - II</b><br>Functions of ingredients in baking-yeast, eggs ,sugar, fats, milk products, emulsifiers, enzymes, cream and leavening agents, water, salt, flavouring and colouring materials. | 14              | Chalk And Talk          | <br>Mrs. K. Gowsalya |
| Aug 2022  | II   | <b>Unit - III</b><br>Commercial bread making methods- sponge, straight dough, ferment dough.   | 15              | Chalk And Talk          | <br>Mrs. K. Gowsalya |

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|             |    |  |    |                      |   |
| Sep<br>2022 | IV | <b>Unit – IV</b><br><b>Pastry making</b> - principles of pastry making, types – puff, flaky, philo and vegetables.<br>Cakes – types-sponge, plain cake, cake faults and their remedies ,types of icings-butter and royal.  | 15 | Chalk<br>And<br>Talk | <br>Mrs. K. Gowsalya   |
| Oct<br>2022 | V  | <b>Unit – V</b><br><b>Baking process:</b> Flying fermentation, mixing, bulk fermentation, knock back, dividing and rounding, intermediate proofing, moulding and panning, final proofing ,depanning, cooling, slicing, packing, baking temperatures of different products. | 17 | Chalk<br>And<br>Talk | <br>Mrs. K. Gowsalya |

  
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**LESSON PLAN  
2022-2023**



Semester : V


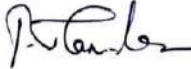
Class : III N&D

Sub. Code : 17N51

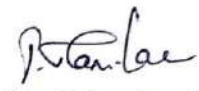
Title of the Paper: Nutrition Through Life Cycle

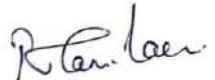
Total Hours : 75 Hours

| Month     | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|-----------|------|---|-----------------|-------------------------|---|
| June 2022 | I    | <b>Unit - I Nutrition during adulthood</b><br>Health, nutritional status, food pyramid, principles of menu planning, balance diet, low cost balanced diet, RDA.   | 14              | Chalk and Talk          | <br>Mrs. P. Tamilarasi   |
| July 2022 | II   | <b>Unit - II Nutrition during pregnancy</b><br>Physiological stages of pregnancy-stages of gestation, weight gain during pregnancy, nutritional needs during pregnancy, complication of pregnancy and their dietary implications, RDA.<br><b>Nutrition during lactation</b><br>Physiological adjustments during lactation, process of stimulation of milk production, factors influencing | 14              | Chalk and Talk          | <br>Mrs. P. Tamilarasi |

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|             |     | the volume and composition of breast milk, Nutritional requirements during lactation , RDA.   |    |                |   |
| Aug<br>2022 | III | <p><b>Unit – III Nutrition during infancy</b> Growth and development, nutritional allowances for infants, breast feeding VS formula feeding , introduction of weaning foods and supplementary foods, nutrition related problems and feeding pattern .</p> <p><b>Nutrition during preschool period</b><br/>Growth and development, need and health care, food habits and nutrient intake, RDA.</p> | 15 | Chalk and Talk | <br>Mrs. P. Tamilarasi   |
| Sep<br>2022 | IV  | <p><b>Unit – IV Nutrition during school going period</b><br/>Physical development, nutrition lunch programme, food habits, nutritional requirements, importance of snacks, food choices, factors influencing eating habits.</p> <p><b>Nutrition during adolescence</b></p>  | 15 | Chalk and Talk | <br>Mrs. P. Tamilarasi |



|             |   |  |    |                      |   |
|-------------|---|--|----|----------------------|---|
|             |   | Change of growth, physical, ph<br>changes ,eating behavior, nutri<br>nutritional problems , RDA.<br><br>Nutrition for sport person – pre<br>game and post game.  |    |                      |   |
| Oct<br>2022 | V | <b>Unit – V Nutrition during<br/>old age</b><br><br>Physical changes, food intake,<br>choice of foods, nutrient<br>needs, factors affecting<br>nutrient requirements,<br>nutrition related problems ,<br>RDA . | 17 | Chalk<br>and<br>Talk | <br>Mrs. P. Tamilarasi |

  
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**2022-2023**

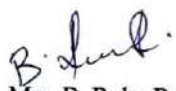

Class : III N&D

Semester :V


Sub. Code :17N52

Title of the Paper: Dietetics-I


Total Hours : 75 Hours

| Month     | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature   |
|-----------|------|--|-----------------|-------------------------|--|
| June 2022 | I    | <b>Unit – I</b><br><b>Dietitian</b> – classification, responsibilities, code of ethics, assessment of diet planning, diet counseling and nutrition education. use of computers in diet planning and counseling.  | 14              | Chalk And Talk          | <br>Mrs. B. Ruba Rani   |
| July 2022 | II   | <b>Unit – II</b><br><b>Concept of diet therapy</b> - purpose and principles of therapeutic diets, modification of normal diets , classification of therapeutic diets. Basic concepts of oral feeding , tube feeding , parenteral nutrition and feeding problems. | 14              | Chalk And Talk          | <br>Mrs. B. Ruba Rani |

|             |   |    |                      |                                     |
|-------------|---|----|----------------------|-------------------------------------|
| Aug<br>2022 | <b>Unit - III</b><br><b>Peptic ulcer</b> - causes,<br>symptoms and dietary<br>management.<br><b>III</b> <b>Liver diseases</b> jaundice ,<br>hepatitis , cirrhosis- causes,<br>symptoms and dietary<br>management.   | 15 | Chalk<br>And<br>Talk | <i>B. Ruba</i><br>Mrs. B. Ruba Rani |
| Sep2022     | <b>Unit - IV</b><br><b>Obesity and Underweight</b> -<br>causes, symptoms and dietary<br>management.<br><b>IV</b> <b>Hypertension and</b><br><b>Atherosclerosis</b> - causes,<br>symptoms and dietary<br>management.<br><b>Diabetes mellitus</b> - causes,<br>symptoms ,types of diabetes,<br>complication of diabetes ,<br>glycemic index and dietary<br>managent | 15 | Chalk<br>And<br>Talk | <i>B. Ruba</i><br>Mrs. B. Ruba Rani |

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| Oct 2022 | <b>Unit - V</b><br><b>Kidney diseases</b> -nephritis ,<br>nephrosis , renal calculi –<br>calcium oxalate ,renal failure-<br>causes, symptoms and dietary<br>management, dialysis.<br><b>Cancer</b> – types , risk factors,<br>symptoms, role of<br>antioxidants in prevention of<br>cancer and dietary<br>management. | 17 | Chalk<br>And<br>Talk | <br>Mrs. B. Ruba Rani |
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**2022-2023**


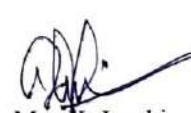
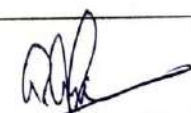
Semester :V



Class : III N&D


Sub. Code : 17NE5A

Title of the Paper: Catering Management

Total Hours : 75 Hours

| Month     | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|-----------|------|--|-----------------|-------------------------|---|
| June 2022 | I    | <b>Unit I</b><br><b>Food Service-Types -</b><br>Commercial and Non commercial, objectives, Styles of service-waiter service, buffet, English and French service ,menu planning, types of menu.                     | 14              | Chalk And Talk          | <br>Mrs. K. Janaki   |
| July 2022 | II   | <b>Unit II</b><br><b>Equipments in food service-</b><br>Classification of equipment, factors for selection of equipments, electrical and non-electrical equipments for food storage, preparation and food serving. | 14              | Chalk And Talk          | <br>Mrs. K. Janaki |
| Aug 2022  | III  | <b>Unit III</b><br><b>Management tools-</b><br>Organization chart,job description,job specification,job analysis,time  | 15              | Chalk And Talk          | <br>Mrs. K. Janaki |

|          |    |   |    |                |  |
|----------|----|---|----|----------------|--|
|          |    | &work schedule, production and service ,budget, leadership style and training, decision making and communication.   |    |                |  |
| Sep 2022 | IV | <b>Unit IV</b><br><b>Personnel Management-</b><br>Recruitment-sources , procedure and policy, selection and training, labour laws.  | 15 | Chalk And Talk | <br>Mrs. K. Janaki  |
| Oct 2022 | V  | <b>Unit V</b><br><b>Cost Accounting-Cost</b><br>concepts-types, fixed cost, semi fixed cost, variable cost, food cost control, records to be maintained, book keeping, book of accounts-cash book, purchase book, sales book , purchase return book, sales return book and journal. | 17 | Chalk And Talk | <br>Mrs. K. Janaki |

  
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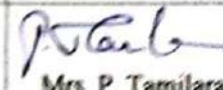



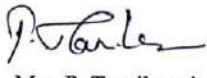
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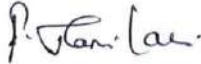
**LESSON PLAN  
2022-2023**


Semester :V

Class : III N&D  
Sub. Code : 17SEN51  
Title of the Paper: Hotel House Keeping  
Total Hours : 30 Hours

| Month     | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|-----------|------|--|-----------------|-------------------------|---|
| June 2022 | I    | <b>Unit-I</b><br><b>House keeping department -</b><br>Introduction, layout of housekeeping department, organization, job description, training, recruitment and selection, qualities of housekeeping staff.  | 5               | Chalk and Talk          | <br>Mrs. P. Tamilarasi   |
| July 2022 | II   | <b>Unit-II</b><br><b>Practices and procedures -</b><br>briefing and scheduling of staff, rules on guest floor, knowledge of rooms, maids cart, cleaning a room, room report. Control desk - role of the control desk, types of registers and files maintained. | 5               | Chalk and Talk          | <br>Mrs. P. Tamilarasi |
| Aug 2022  | III  | <b>Unit-III</b><br><b>Linen and uniform room -</b><br>storage conditions, equipment and accessories, types of  | 5               |                         | <br>Mrs. P. Tamilarasi |

|          |    |  |   |                |   |
|----------|----|--|---|----------------|---|
|          |    | uniforms and linen, records maintained in linen room, par stocks, inventory control, exchange of linen and uniforms, housekeeping supply room.   |   | Chalk and Talk |   |
| Sep 2022 | IV | <b>Unit-IV</b><br><b>Laundry Services -</b><br>Organization of laundry department in a hotel, different types of laundry and cleaning agents , cleaning equipments. Public area – cleaning, care and storage of out of service, furniture. | 8 | Chalk and Talk | <br>Mrs. P. Tamilarasi   |
| Oct 2022 | V  | <b>Unit-V</b><br><b>Current trends in Housekeeping practices –</b><br>Eotel Practices in house keeping department budgeting, lost and found procedure, cleaning methods and standards, pest control, control of odours. fire prevention .  | 7 | Chalk and Talk | <br>Mrs. P. Tamilarasi |

  
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**LESSON PLAN**  
**2022-2023**



Class : I N&D

Semester :II


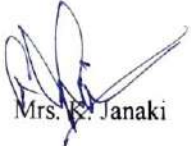
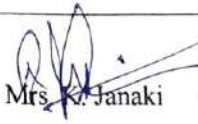
Sub. Code : 22OUND21

Title of the Paper: Food Science-II


Total Hours : 75 Hours

| Month    | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|----------|------|--|-----------------|-------------------------|---|
| Dec 2022 | I    | <b>Unit - I</b> Milk - nutritional composition, types, processing - pasteurization, homogenization, standardization. Milk products - butter, ghee, cheese. Milk cookery, problems encountered in cooking milk. | 12              | Chalk And Talk          | <br>Mrs. K. Janaki   |
| Jan 2023 | II   | <b>Unit - II</b> Flesh Foods - Egg ,Poultry, Meat and Fish- structure (meat), classification, nutritional composition, changes during cooking and tenderization  | 9               | Chalk And Talk          | <br>Mrs. K. Janaki |



|            |     |  |    |                |   |
|------------|-----|--|----|----------------|---|
| Feb 2023   | III | <b>Unit - III</b> Fats and oils- Nutritional composition, rancidity – types and role of fat in cookery. Sugars: Classification, stages of sugar cookery and culinary use in cookery Beverages - Definition, classification and function. | 15 | Chalk And Talk | <br>Mrs. K. Janaki   |
| March 2023 | IV  | <b>Unit - IV</b> Sensory Evaluation- Sensory characteristics of food, reasons for testing food quality, trained panel members .Testing laboratory – preparation of samples, smelling and testing , testing time , evaluation card        | 9  | Chalk And Talk | <br>Mrs. K. Janaki   |
| April 2023 | V   | <b>Unit - V</b> Food Adulteration- meaning , types- intentional and incidental, simple methods of detection – Intentional - asafoetida, black pepper , cinnamon, common salt, dhal, ghee, honey, milk.                                   | 15 | Chalk And Talk | <br>Mrs. K. Janaki |

  
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**LESSON PLAN**  
**2022-2023**


Class : I N&D

Semester : II

Sub. Code : 22OUNDGEND2

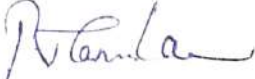
Title of the Paper: Food Microbiology


Total Hours : 75 Hours

| Month    | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature   |
|----------|------|---|-----------------|-------------------------|--|
| Dec 2022 | I    | <b>Unit - I Introduction to Micro Organism</b> - Brief history of food microbiology, primary sources of microorganisms in foods, physical and chemical methods of destruction of micro organisms in food, extrinsic and intrinsic parameters affecting growth and survival of microbes. | 14              | Chalk And Talk          | <br>Mrs. B. Ruba Rani |

|               |     |   |    |                      |                                     |
|---------------|-----|---|----|----------------------|-------------------------------------|
| Jan<br>2023   | II  | <b>Unit – II Contamination and spoilage of cereal and cereal products, vegetables and fruits</b> – sources , types of contamination and microorganism involved in spoilage.   | 14 | Chalk<br>And<br>Talk | <i>B. Rani</i><br>Mrs. B. Ruba Rani |
| Feb<br>2023   | III | <b>Unit – III Contamination and spoilage of fish and other sea foods, meat and meat products, egg and poultry, milk and milk products</b> - sources , types of contamination and microorganism involved in spoilage . | 15 | Chalk<br>And<br>Talk | <i>B. Rani</i><br>Mrs. B. Ruba Rani |
| March<br>2023 | IV  | <b>Unit– IV Food Infection and Intoxication</b> - meaning and difference , bacterial , – salmonella, staphylococcus, clostridium, perfringens, pseudomonas. fungal food borne diseases and prevention.                | 15 | Chalk<br>And<br>Talk | <i>B. Rani</i><br>Mrs. B. Ruba Rani |

|               |  |    |                      |                                   |
|---------------|--|----|----------------------|-----------------------------------|
| April<br>2023 | V<br>Unit - V New Trends in Food Microbiology -genetically modified foods , transgenic plants , fermented foods and significance, concepts of synbiotics, prebiotics and probiotics. | 17 | Chalk<br>And<br>Talk | B. Ruba Rani<br>Mrs. B. Ruba Rani |
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**2022-2023**

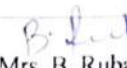



Class : I N&D

Semester :II

Sub. Code :22OUNDSE22


Title of the Paper: Textiles and Clothing

Total Hours : 75 Hours

| Month      | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature   |
|------------|------|---|-----------------|-------------------------|--|
| Dec 2022   | I    | <b>Unit – I Classification of textiles fibres</b> , types of yarn , tests for fibre identification.   | 14              | Chalk And Talk          | <br>Mrs. B. Ruba Rani   |
| Jan 2023   |      | <b>Unit – II Weaving – Parts and functions of simple loom. Types of weaves – Basic (Plain , Twill , Satin , Fancy – Pile jacquard)</b>  | 14              | Chalk And Talk          | <br>Mrs. B. Ruba Rani |
| Feb 2023   | III  | <b>Unit – III Basic finishes –</b> Singeing , mercerizing kier boiling ,<br>bleaching, tentering sizing, calendaring. Functional finishes - Water proof, water repellent , fire proof, moth proof, crease resistance. | 15              | Chalk And Talk          | <br>Mrs. B. Ruba Rani |
| March 2023 | IV   | <b>Unit – IV Factors influencing selection of clothes</b> Principles of wardrobe planning.  | 15              | Chalk And Talk          | <br>Mrs. B. Ruba Rani |



|               |   |  |    |                      |                                   |
|---------------|---|--|----|----------------------|-----------------------------------|
| April<br>2023 | v | <b>Unit – V Care of clothes -</b><br>Laundering – soap ,properties of<br>a. good laundry soap, detergents,<br>and dry cleaning | 17 | Chalk<br>And<br>Talk | B. Ruba Rani<br>Mrs. B. Ruba Rani |
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2022-2023**

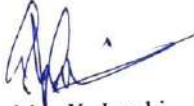
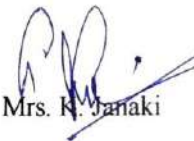
Class : I N&D


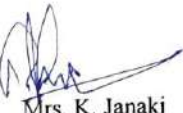

Semester :II

Sub. Code : 220UNDSE21


Title of the Paper: Extension Education

Total Hours : 30 Hours

| Month    | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|----------|------|---|-----------------|-------------------------|---|
| Dec 2022 | I    | <b>Unit - I</b> Extension education and community development - Introduction of extension education and community development, philosophy and principle of extension education. origin, history, organization and functions of community development and extension services in India. |                 | Chalk And Talk          | <br>Mrs. K. Janaki   |
| Jan 2023 | II   | <b>Unit - II Home science extension -</b> Role of home science in developing a community, Home Science extension - concept, philosophy, objectives. Qualities and activities of Home Science extension workers, origin and activities of nutrition extension unit.                    |                 | Chalk And Talk          | <br>Mrs. K. Janaki |

|            |     |  |    |                |   |
|------------|-----|--|----|----------------|---|
| Feb 2023   | III | <b>Unit – III</b> Audio Visual aids - Principles and methods, audio visual aids, motion pictures, radios, slides, flannel graphs, flash cards, graphs and puppet shows.                                    | 15 | Chalk And Talk | <br>Mrs. K. Janaki |
| March 2023 | IV  | <b>Unit – IV Communication and leadership</b> – meaning, types and problems in communication, SMCRE model. Classification of social groups, leadership classification, role and training of a good leader. | 9  | Chalk And Talk | <br>Mrs. K. Janaki |
| April 2023 | V   | <b>Unit – V Health planning and management</b> - objectives, planning cycle, management methods, management techniques.  | 15 | Chalk And Talk | <br>Mrs. K. Janaki |

  
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**LESSON PLAN**  
**2022-2023**


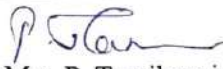
Class : IN&D

Sub. Code : 22OUNDID2

Title of the Paper: Food Preservation

Total Hours :30 Hours

Semester :II

| Month    | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|----------|------|--|-----------------|-------------------------|---|
| Dec 2022 | I    | <b>Unit-I Introduction to Food Preservation</b> - meaning, importance, principles, types of preservation and preservatives - natural and chemical. | 5               | Chalk & Talk            | <br>Mrs.P.Tamilarasi     |
| Jan 2023 | II   | <b>Unit-II Preservation by use of Low Temperature</b> - principles, types of refrigeration, cold storage, freezing its methods of freezing.        | 5               | Chalk & Talk            | <br>Mrs. P. Tamilarasi |



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**LESSON PLAN**  
**2022-2023**




Class : FN&D

Semester :II

Sub. Code :22OUNDID2

Title of the Paper: Food Preservation

Total Hours : 30 Hours

| Month      | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature   |
|------------|------|--|-----------------|-------------------------|--|
| Feb 2023   | III  | Unit-III Preservation by use of High Temperature - principles, pasteurization, sterilization, canning and bottling.                                      | 5               | Chalk And Talk          | <br>Mrs. B. Ruba Rani   |
| March 2023 | IV   | Unit-IV Drying and dehydration – definition, principles, types- sun drying, mechanical drying , freeze drying ,vacuum drying , factors affecting drying. | 8               | Chalk And Talk          | <br>Mrs. B. Ruba Rani |
| April 2023 | V    | Unit-V Preserved foods preparation of jam, jelly, squashes , syrups, marmalades, ketchups, pickle, rice vadgam , and vegetable vatthal.                  | 7               | Chalk And Talk          | <br>Mrs. B. Ruba Rani |

  
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2022-2023**

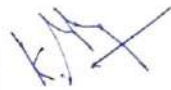

Class : II N&D



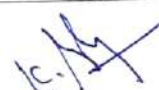
Sub. Code : 21N41

Semester :IV


Title of the Paper: Nutritional Biochemistry

Total Hours : 75 Hours

| Month    | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|----------|------|--|-----------------|-------------------------|---|
| Dec 2022 | I    | <b>Unit - I</b><br><b>Carbohydrates</b><br>Structure - glucose, fructose, galactose, maltose, lactose, sucrose, dextrin, starch and glycogen. Metabolism - glycolysis, glycogenesis, glycogenolysis, gluconeogenesis, Kreb's cycle, HMP shunt, blood sugar regulation. | 14              | Chalk & Talk            | <br>Mrs. K. Gowsalya   |
| Jan 2023 | II   | <b>Unit - II</b><br><b>Protein</b><br>Proteins- structure<br>Amino acids – structure and classification<br>Nucleic acids -structure and biological functions.<br>Metabolism-General pathway of amino acid, transamination, deamination, decarboxylation, urea cycle.   | 14              | Chalk & Talk            | <br>Mrs. K. Gowsalya |

|            |            |   |    |              |   |
|------------|------------|---|----|--------------|---|
| Feb 2023   | <b>III</b> | <b>Unit - III</b><br><b>Lipids</b><br>Lipids- classification<br>Fatty acids- types<br>Metabolism - $\beta$ oxidation, bio synthesis of fatty acids  | 15 | Chalk & Talk | <br>Mrs. K. Gowsalya   |
| March 2023 | <b>IV</b>  | <b>Unit - IV</b><br><b>Enzymes and co-enzymes</b><br>Enzymes-Definition, classification, factors affecting enzyme activity.<br>Co-enzymes -Definition, classification, some common co-enzymes | 15 | Chalk & Talk | <br>Mrs. K. Gowsalya   |
| April 2023 | <b>V</b>   | <b>Unit - V</b><br><b>Hormones</b><br>Biological role - pituitary, adrenal cortex and medulla, thyroid, parathyroid, pancreas.  | 17 | Chalk & Talk | <br>Mrs. K. Gowsalya |

  
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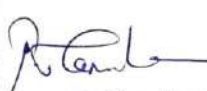


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**LESSON PLAN  
2022-2023**

Semester :IV

Class : II N&D  
Sub. Code : 21AN4  
Title of the Paper: Food Preservation  
Total Hours :75 Hours

| Month    | Unit | Description of the Syllabus  | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|----------|------|--|-----------------|-------------------------|---|
| Dec 2022 | I    | Unit - I<br><b>Food Preservation</b> -meaning and needs, principles of preservation.<br><b>Food Preservatives</b> - meaning , types –organic and inorganic .<br>uses of HACCP in food preservation.  | 14              | Chalk & Talk            | <br>Mrs.P.Tamilarasi    |
| Jan 2023 | II   | <b>Unit-II</b><br><b>Preservation by use of Low Temperature</b> - types – refrigeration, Slow, quick, dehydro freezing, effect of freezing on nutritive value.<br><b>Preservation by use of High Temperature</b> - principles, types of pasteurization, steam sterilization, canning – process, types of Spoilage in canned Foods. | 14              | Chalk & Talk            | <br>Mrs. P. Tamilarasi |

  
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**LESSON PLAN  
2022-2023**

Semester : IV

Class : H N&D  
Sub. Code : 21AN41  
Title of the Paper: Food Preservation  
Total Hours :75 Hours

| Month      | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|------------|------|---|-----------------|-------------------------|---|
| Feb 2022   | III  | <b>Unit – III</b><br><b>Preservation by dehydration</b> - principles , treatment, methods – freeze, sun, spray, foam mat, drying by osmosis effect of freezing on nutritive value, drying by smoking. | 5               | Chalk & Talk            | <br>Mrs. K. Gowsalya  |
| March 2023 | IV   | <b>Unit-IV</b><br><b>Preservation of food by high concentration sugar and salt</b> – preparation-jam, jelly, sauces, squashes,crushes, marmalades. types of pickles- tomato, lime and green chillies, | 7               | Chalk & Talk            | <br>Mrs. K. Gowsalya |
| April 2023 | V    | <b>Unit – V</b><br><b>Preservation of food by irradiation-</b> meaning, uses, effect of nutritive value. <b>Fermented beverages-</b> wine, beer, rum and vinegar, Toddy & Fenny.                      | 8               | Chalk & Talk            | <br>Mrs. K. Gowsalya |

  
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**LESSON PLAN**  
**2022-2023**

Class : III N&D  
Sub. Code :17N62  
Title of the Paper: Dietetics-I  
Total Hours : 75 Hours

Semester :VI

| Month    | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature   |
|----------|------|---|-----------------|-------------------------|--|
| Dec 2022 | I    | <b>Unit – I</b><br>Deficiency disorders - PEM ,<br>Vitamin – A , Iron, Iodine-<br>causes, symptoms and dietary<br>management.<br><b>Lung diseases</b> COPD -<br>causes, symptoms and dietary<br>management.   | 14              | Chalk<br>And<br>Talk    | <br>Mrs. B. Ruba Rani   |
| Jan 2023 | II   | <b>Unit - II</b><br><b>Febrile diseases</b> – causes,<br>symptoms and dietary<br>management-Acute diseases-<br>typhoid , influenza and<br>malaria ,Chronic disease-<br>tuberculosis.<br><b>Gastro intestinal disorders-</b><br>causes, symptoms and dietary<br>management -diarrohoea,<br>dysentery and constipation. | 14              | Chalk<br>And<br>Talk    | <br>Mrs. B. Ruba Rani |



|               |     |   |    |                      |  |
|---------------|-----|---|----|----------------------|--|
| Feb<br>2023   | III | <b>Unit – III</b><br>Genetic disorders –phenyl<br>ketonuria, galactosemia ,<br>fructosuria- definition,<br>diagnosis, symptoms and<br>dietary treatment | 15 | Chalk<br>And<br>Talk | <i>B. Ruba Rani</i><br>Mrs. B. Ruba Rani |
| March<br>2023 | IV  | <b>Unit - IV</b><br><b>Diet in allergy</b> – definition,<br>classification, food allergens,<br>symptoms, test for allergy,<br>dietary management.       | 15 | Chalk<br>And<br>Talk | <i>B. Ruba Rani</i><br>Mrs. B. Ruba Rani |
| April<br>2023 | V   | <b>Unit -V</b><br><b>Burns-</b> types , dietary<br>management.<br><b>AIDS</b> -causes, symptoms and<br>dietary management.                              | 17 | Chalk<br>And<br>Talk | <i>B. Ruba Rani</i><br>Mrs. B. Ruba Rani |

*P. V. An. Lax*  
Signature of the HOD

*B. Ruba Rani*  
Signature of the Principal  
PRINCIPAL I/C  
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MADURAI-625 014



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**LESSON PLAN  
2022-2023**



Class : I N&D



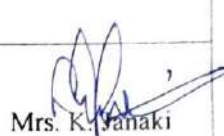
Semester : I

Sub. Code : I7NE6A


Title of the Paper: Post Harvesting Technology

Total Hours : 75 Hours

| Month    | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|----------|------|---|-----------------|-------------------------|---|
| Dec 2022 | I    | <b>Unit I</b><br><b>Introduction to post harvest technology</b> - Definition, importance , role, principles, methods involved in post harvest technology , advantages and disadvantages.            | 12              | Chalk And Talk          | <br>Mrs. K. Janaki  |
| Jan 2023 | II   | <b>Unit II</b><br><b>Agents causing food losses-</b> Physical agents, (moisture, temperature), Chemical losses, biological losses, insects attacking food grains , detection of insect infestation. | 9               | Chalk And Talk          | <br>Mrs. K. Janaki |

|            |     |   |    |                |   |
|------------|-----|---|----|----------------|---|
| Feb 2023   | III | <b>Unit III</b><br><b>Control of spoilage agents -</b><br>Importance and method of sanitary handling, physical, chemical, biological and control of pests, rats, rodents and birds<br>Insect & pest control methods- Physical and chemical methods. | 15 | Chalk And Talk | <br>Mrs. K. Janaki   |
| March 2023 | IV  | <b>Unit IV</b><br><b>Storage of grains -</b> Importance, requirements of storage, methods of storage units-traditional - warehouse, underground & above ground storage modern storage-cold storage unit, retention of nutrients.                    | 9  | Chalk And Talk | <br>Mrs. K. Janaki  |
| April 2023 | V   | <b>Unit V</b><br>Agencies governing Food Losses - Role of SGC, FCI, CWC, SWC, IGSI.   | 15 | Chalk And Talk | <br>Mrs. K. Janaki |

  
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**LESSON PLAN**  
**2022-2023**

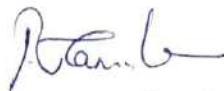
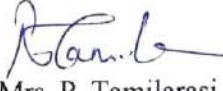
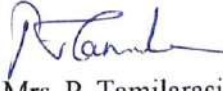
Class : III N&D

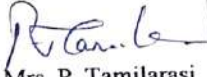
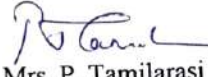
Semester :VI

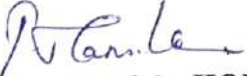
Sub. Code : 17SEN61


Title of the Paper: Front Office Management

Total Hours : 30 Hours

| Month    | Unit | Description of the Syllabus   | Hours Allocated | Teaching Mode & Methods | Course Teacher Signature  |
|----------|------|---|-----------------|-------------------------|---|
| Dec 2022 | I    | <b>Unit - I</b><br><b>Introduction to front office</b><br>–qualities of front office staff, functions of front office, job specification, job description, duties of a front office person. | 14              | Chalk & Talk            | <br>Mrs.P.Tamilarasi   |
| Jan 2023 | II   | <b>Unit – II</b><br><b>Reservation</b> – types of rooms, types of rates & plan, reservation system- types of reservation ,reservation chart ,cancellations.                                 | 14              | Chalk & Talk            | <br>Mrs. P. Tamilarasi |
| Feb 2023 | III  | <b>Unit - III</b><br><b>Reception</b> -Role of the receptionist, pre-arrival ,arrival and departure of guest, VIP procedure, handling mail.   | 15              | Chalk & Talk            | <br>Mrs. P. Tamilarasi |

|               |    |   |    |              |   |
|---------------|----|---|----|--------------|---|
| March<br>2023 | IV | <b>Unit - IV</b><br><b>Amenities</b> –Assignment of room , spa, club, gim , swimming pool. list of guest supplies, complementary amenities , free wifi facilities | 15 | Chalk & Talk | <br>Mrs. P. Tamilarasi |
| April<br>2023 | V  | <b>Unit - V</b><br>Chek in & check out procedure & mode of payment.   | 17 | Chalk & Talk | <br>Mrs. P. Tamilarasi |

  
Signature of the HOD

  
Signature of the Principal  
— PRINCIPAL/JC  
E.M.G. YADAVA WOMEN'S COLLEGE  
— MADURAI-625 014