

E.M. GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE

An Autonomous Institution -Affiliated to Madurai Kamaraj University

Re-accredited (3rd Cycle) with Grade A⁺ & CGPA 3.51 by NAAC



LESSON PLAN

2023-2024

DEPARTMENT OF N & D

(UG – Odd & Even Semester)

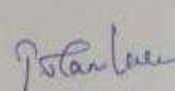
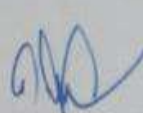



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**LESSON PLAN
2023-2024**

Semester : I

Class : I N&D
Sub. Code : 23OUND11
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 2023	I	Unit - I Nutrient content of foods and Cooking Methods - Classification of foods according to nutrient content. Food groups for balanced diets. Study of the different cooking methods- dry heat, moist and combination methods, solar cooking, microwave cooking - merits and demerits, dishes prepared by these methods.	12	Chalk and Talk, PPT, quiz, on the spot test	 Mrs. P. Tamilarasathi
July 2023	II	Unit - II Cereals, Millets, Pulses, Legumes and Nuts - Classification of Cereals, Structure, nutrient composition, storage, processing, milling, parboiling, scientific methods of preparation and cooking, acceptability and palatability of rice, wheat, maize and millets Cooking of starches- Dextrinization and gelatinization, retrogradation and resistant starch.	18	Chalk and Talk, OHP quiz, on the spot test	 Mrs. K. Janaki

		butter, cheese. Storage and preservation..		
Oct 2023	V	<p>Unit -V Fats and oils, sugars, food adjuncts and beverages</p> <p>Fats and Oils: Types, sources- animal fats and vegetable fats, functions, processing-difference between cold pressed and regular cooking oils, hydrogenated fat, emulsification, rancidity, smoking point. Factors affecting absorption of oils while frying foods, harmful effects of reheated oils.</p> <p>Sugars: Types and market forms of sugars; stages of sugar cookery, crystallization, factors affecting crystallization, uses in confectionery. Food adjuncts and food additives</p> <p>Spices and condiments: classification, source, use in food preparation, Leavening agents, stabilizers, thickeners, anticaking agents, enzymes, shortenings, stabilizers, flavouring agents, colouring agents, sweeteners-use and abuse.</p> <p>Food adulteration - Definition, common adulterants in food</p> <p>Beverages - Classification-fruit</p>	15	<p>Chalk and Talk, PPT, group discussion, OHP presentations, quiz, open book test</p> <p> Mrs. K. Janaki</p>

	based beverages, milk-based beverages nutritive value and uses, alcoholic beverages, coffee, tea and cocoa, malted beverages. Sources, manufacture, processing, and service, methods of preparation of coffee and tea.			
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LESSON PLAN
2023-2024


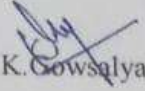
Semester :I




Class : I N&D

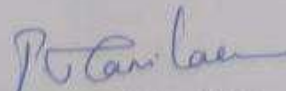
Sub. Code: 23OUNDSECN1

Title of the Paper: Basic Nutrition

Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
June 2023	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, Group Discussions, Quiz	 K. Gowsalya
July 2023	II	Unit-I Carbohydrate – definition, classification, function, sources and RDA for different age groups.	4	Chalk and talk, Quiz	 K. Gowsalya

Aug 2023	II	Unit-III -Protein- definition, classification, functions, sources, deficiency and RDA. Lipids- definition, functions, types, sources, deficiency and RDA.	6	Chalk and talk, PPT, On the spot Test	 K. Gowalya
Sep 2023	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, PPT, On the spot Test	 K. Gowalya
Oct 2023	V	Unit-V Minerals – functions, sources, deficiency and RDA of calcium , iron, iodine, zinc and sodium.	6	Chalk and talk, PPT, On the spot Test, Assignment	 K. Gowalya


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2023-2024**

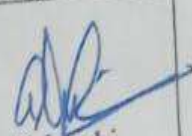
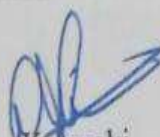
Semester : I




Class : I N&D

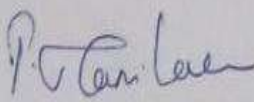
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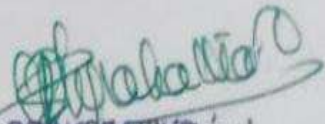
Title of the Paper: Women Health and Wellness

Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
June 2023	I	Nutrition for Women - Dietary Guidelines for a healthy lifestyle, Current concepts pertaining to Balanced Diets, Nutrient requirements for young and older women with special focus on Protein, Iron, Vitamin D and Calcium, Factors affecting nutrient intake in women- Socioeconomic, Environmental conditions, Health conditions; Consequences of Eating disorders in young women.	4	Chalk and talk, Group Discussions, Quiz	 K. Janaki
July 2023	II	Physical Health - Significance of Body weight and Body composition parameters, Benefits of Aerobic, Flexibility and Strength training exercises- on General health, Bone health, and risks associated with NCD's.	4	Chalk and talk, Quiz	 K. Janaki

Aug 2023	III	Reproductive Health - Menstrual Health, Pregnancy and Lactation, Pre- and Post-Menopausal concerns-preventive measures, sexually transmitted diseases- an overview	6	Chalk and talk, PPT, On the spot Test	 K. Janaki
Sep 2023	IV	Mental Health - Common mental health problems - Trends and issues relating to women, Depression, Anxiety and coping with Stress, Strategies to improve mental health- learning new skills and hobbies, Relaxation techniques such as yoga and meditation	10	Chalk and talk, PPT, On the spot Test	 K. Janaki
Oct 2023	V	Social Health - Balancing home and career, strengthening relationships, enhancing communication skills and Personality Development, technological advancements and its impact, Dealing with domestic violence, and harassment issues.	6	Chalk and talk, PPT, On the spot Test, Assignment	 K. Janaki


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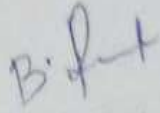
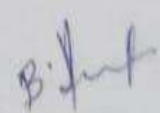
Semester :III

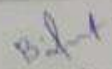

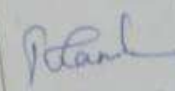
Class : II N&D

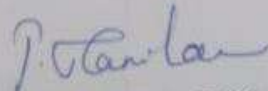
Sub. Code: 22OUND31

Title of the Paper: Fundamentals of Nutrition

Total Hours : 70 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
June 2023	I	Unit - I Nutrition and Health: Definition, relation of food to health, RDA, factors affecting RDA, reference man and woman. Energy: Units of energy, determination of energy content of foods - bomb calorimeter, determination of energy requirements, basal metabolic rate, factors affecting BMR, SDA of foods.	15	Chalk and talk, Group Discussions, Quiz	 B.Ruba Rani
July 2023	II	Unit - II. Carbohydrates: classification, sources, functions, digestion, absorption. Dietary fibre :classification, sources, role of dietary fibre. Water: functions, types,	15	Chalk and talk, Quiz	 B.Ruba Rani

Aug 2023	III	Unit - III Protein: Nutritional Classification, functions, digestion, absorption, protein quality (BV, PER, NPU), types of amino acids	15	Chalk and talk, PPT, On the spot Test	 B. Ruba Rani
Sep 2023	IV	Unit -IV Lipids: Classification, functions, digestion, absorption Fattyacids: Classification- saturated,unsaturated, monounsaturated and polyunsaturated, sources.	15	Chalk and talk, PPT, On the spot Test	 B. Ruba Rani
Oct 2023	V	Unit -V Vitamins: Fat soluble - A,D,E and K ,water soluble - B ₁ ,B ₂ ,B ₃ ,B ₆ ,B ₁₂ , folicacid,biotin and C functions, sources, deficiency. Minerals: Classification, functions, sources and deficiencies - calcium, phosphorus, iron, iodine, zinc,sodium,potassium, and magnesium.	15	Chalk and talk, PPT, On the spot Test, Assignment	 P. Tamilarasi


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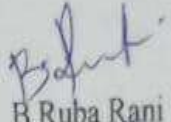
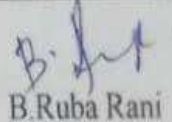
Semester : III

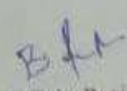
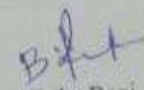
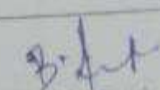
Class : II N&D

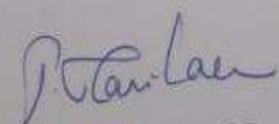
Sub. Code: 22OUNDGEND3

Title of the Paper: Bakery

Total Hours : 70 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
June 2023	I	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.	15	Chalk and talk, Group Discussions, Quiz	 B. Ruba Rani
July 2023	II	Functions of ingredients in baking- yeast, eggs, sugar, fats, milk products, emulsifiers, enzymes, cream and leavening agents, water, salt, flavouring and colouring materials	15	Chalk and talk, Quiz	 B. Ruba Rani

Aug 2023	III	Commercial bread making methods- sponge, straight dough, ferment dough. Baking process: Flying 15 fermentation, mixing, bulk fermentation, knock back, dividing and rounding, intermediate proofing, moulding and panning, final proofing , depanning, cooling, slicing, packing	Chalk and talk, PPT, On the spot Test	 B. Ruba Rani
Sep 2023	IV	Pastry making - principles of pastry making, types - puff , flaky, philo and vegetables. Cakes - types-sponge, plain cake, cake faults and their remedies , types of icings-butter and royal.	Chalk and talk, PPT, On the spot Test	 B. Ruba Rani
Oct 2023	V	chocolate and confectionaries: Types of chocolate-white, ruby, milk and dark chocolate, sugar confectionaries.	Chalk and talk, PPT, On the spot Test, Assignment	 B. Ruba Rani


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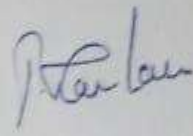
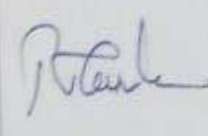
Semester :V

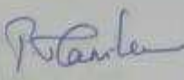
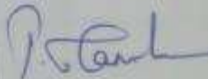
Class : III N&D

Sub. Code: 21N51

Title of the Paper: Nutrition Through Life cycle

Total Hours : 70 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
June 2023	I	Nutrition during adulthood Health, nutritional status, food pyramid, principles of menu planning, balance diet, low cost balanced diet, RDA.	15	Chalk and talk, PPT, On the spot Test, Assignment	 P. Tamilarasi
July 2023	II	Nutrition during pregnancy Physiological stages of pregnancy- stages of gestation, weight gain during pregnancy, nutritional needs during pregnancy, complication of pregnancy and their dietary implications, RDA. Nutrition during lactation Physiological adjustments during	15	Chalk and talk, PPT, On the spot Test, Assignment	 P. Tamilarasi

		breast milk, Nutritional requirements during lactation RDA.			
Aug 2023	III	<p>Nutrition during infancy 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>Nutrition during preschool period Growth and development, need and health care, food habits and nutrient intake, RDA.</p>	15	Chalk and talk, PPT, On the spot Test, Assignment	 P. TAMILARASI
Sep 2023	IV	<p>Nutrition during school going period Physical development, nutritional status programme, food habits, nutritional requirements, importance of snacks, food choices, factors influencing eating habits.</p> <p>Nutrition during adolescence Change of growth, physical, physiological, eating behavior, nutritional needs and problems , RDA.</p> <p>Nutrition for sport person – pre game and post game.</p>	15	Chalk and talk, PPT, On the spot Test, Assignment	 P. TAMILARASI



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Class : III N&D



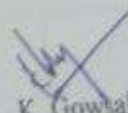
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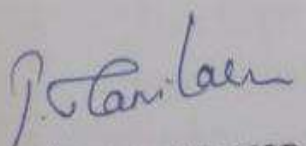
Title of the Paper: Dietetics-I

Total Hours : 70 Hours

Semester :V

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
June 2023	I	Dietitian - classification, responsibilities, code of ethics, assessment of diet planning, diet counseling and nutrition education. use of computers in diet planning and counseling.	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Gowsalya
July 2023	II	Concept of diet therapy- 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.	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Gowsalya

Aug 2023	III	<p>Peptic ulcer - causes, symptoms and dietary management.</p> <p>Liver diseases jaundice , hepatitis , cirrhosis- causes, symptoms and dietary management.</p>	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Gowsalya
Sep 2023	IV	<p>Obesity and Underweight - causes, symptoms and dietary management.</p> <p>PCOD-causes and dietary management.</p> <p>Hypertension and Atherosclerosis - causes, symptoms and dietary management.</p> <p>Diabetes mellitus- causes, symptoms ,types of diabetes, complication of diabetes , glycemic index and dietary management.</p>	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Gowsalya
Oct 2023	V	<p>Kidney diseases -nephritis , nephrosis , renal calculi -calcium oxalate ,renal failure- causes, symptoms and dietary management, dialysis.</p> <p>Cancer- types , risk factors, symptoms, role of antioxidants in prevention of cancer and dietary management.</p>	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Gowsalya


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Semester :V

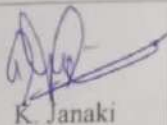

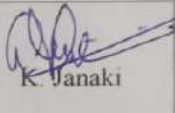
Class : III N&D

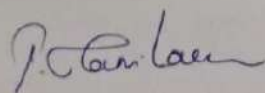
Sub. Code: 21NE5A

Title of the Paper: Catering Management

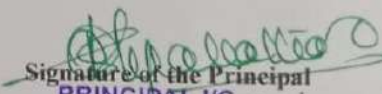
Total Hours : 70 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
June 2023	I	Food Service-Types -Commercial and Non commercial, objectives, Styles of service-waiter service, buffet, English and French service ,menu planning, types of menu.	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Janaki
July 2023	II	Equipments in food service- Classification of equipment, factors for selection of equipments, electrical and non-electrical equipments for food storage, preparation and food serving. Care and maintenance of equipment.	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Janaki

Aug 2023	III	Management tools -Organization chart,job description,job specification,job analysis,time &work schedule, production and service ,budget, leadership style and training, decision making and communication.	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Janaki
Sep 2023	IV	Personnel Management - Recruitment-sources , procedure and policy, selection and training, labour laws.	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Janaki
Oct 2023	V	Cost Accounting -Cost 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	15	Chalk and talk, PPT, On the spot Test, Assignment	 K. Janaki



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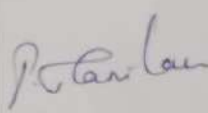
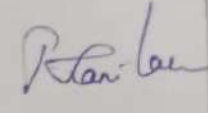
Semester :V

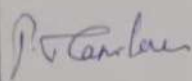
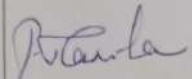
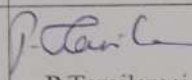
Class : III N&D

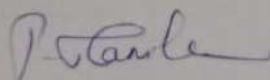
Sub. Code: Hotel House Keeping


Title of the Paper: 21SEN51

Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
June 2023	I	House keeping department - Introduction, layout of housekeeping department, organization, job description, training, recruitment and selection, qualities of housekeeping staff.	5	Chalk and talk, PPT, On the spot Test, Assignment	 P. TAMILARASI
July 2023	II	Practices and procedures - 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, PPT, On the spot Test, Assignment	 P. TAMILARASI

Aug 2023	III	Linen and uniform room – storage conditions, equipment and accessories, types of uniforms and linen, records maintained in linen room, stock taking, par stocks, inventory control, exchange of linen and uniforms, housekeeping supply room.	5	Chalk and talk, PPT, On the spot Test, Assignment	 P. Tamilarasi
Sep 2023	IV	Laundry Services - 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.	7	Chalk and talk, PPT, On the spot Test, Assignment	 P. Tamilarasi
Oct 2023	V	Current trends in Housekeeping practices – Ecotel Practices in house keeping department budgeting, lost and found procedure, cleaning methods and standards, pest control, control of odours. fire prevention .	8	Chalk and talk, PPT, On the spot Test, Assignment	 P. Tamilarasi


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LESSON PLAN
2023-2024



Semester :II

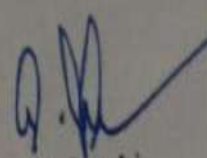
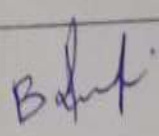
Class : I N&D

Sub. Code : 23OUND21

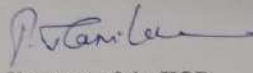
Title of the Paper: Human Physiology

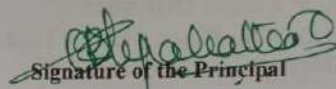
Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2023	I	UNIT - I Cell and tissues - Structure of Cell and functions of different of different organelles. Classification, structure and functions of tissues. Blood- Constituents of blood- RBC, WBC and Platelets and its functions. Erythropoiesis, Blood clotting, Blood groups and histocompatibility Immune system- Antigen, Antibody, Cellular and Humoral Immunity	12	Chalk and Talk, PPT, quiz, on the spot test	 K. Janaki
Jan 2023	II	UNIT - II Nervous system General anatomy of nervous system, functions of the different parts Sense organs Structure and functions of Eye, Ear, Skin. Physiology of Taste and Smell	18	Chalk and Talk, OHP quiz, on the spot test	 K. Janaki

Feb 2023	<p>UNIT - III Heart and circulation</p> <p>Anatomy of the heart and blood vessels, properties of cardiac muscle, origin and conduction of heartbeat, cardiac cycle, cardiac output, bloodpressure - definition and factors affecting blood pressure, and description of ECG.</p> <p>Respiratory system Anatomy and physiology of respiratory organs. Gaseous exchange in the lungs and tissues, Mechanism of respiration.</p>	15	Chalk and Talk, PPT, group discussion, OHP and YouTube Links	 K. Janaki
March 2023	<p>UNIT - IV Digestive system</p> <p>Anatomy of Gastro-intestinal tract, Structure and functions of Liver and Pancreas. Digestion and absorption of carbohydrates, proteins and fats.</p> <p>Excretory system Structure of kidney, functions of Nephron.</p>	15	Chalk and Talk, OHP, PPT presentations, quiz.	 B. Ruba Rani

	male and female reproductive organs, Ovarian and Uterinecycle, influence of hormones on pregnancy and lactation.		quiz, open book test	
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**LESSON PLAN
2023-2024**

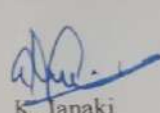

Class : I N&D


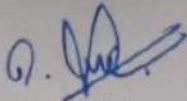
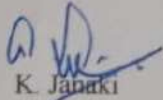
Semester :II

Sub. Code : 23OUND22

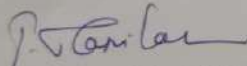
Title of the Paper: Basics of Food Microbiology

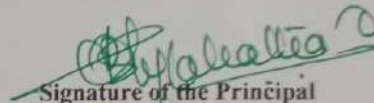
Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2023	I	UNIT I Introduction to Microbes in Foods History and Development of Food Microbiology Classification of microorganisms. General morphological characteristics of bacteria, yeast, algae, mold, virus. Characteristics of predominant microorganisms in food, sources of microorganisms in foods	12	Chalk and Talk, PPT, quiz, on the spot test	 K. Janaki
Jan 2023	II	UNIT II Microbial spoilage and contamination of common food Factors affecting growth of microorganisms- intrinsic and extrinsic. Sources of contamination and spoilage of common foods -Cereal and cereal products, fruits and vegetables, egg, meat and fish, milk and milk products.	18	Chalk and Talk, OHP quiz, on the spot test	 K. Janaki

Feb 2023	III	<p>UNIT III Beneficial uses of microorganisms in food and health Microorganisms used in fermented products - Alcoholic drinks, Dairy products, Bread, Vinegar, Pickled foods. Single-cell protein Food Bio preservatives of microbial origin. Intestinal Bacteria and Probiotics.</p>	15	Chalk and Talk, PPT, group discussion , OHP and You tube Links	 K. Janaki
March 2023	IV	<p>UNIT IV Food poisoning and Food borne disease Food poisoning/ intoxication and food infection- definition. Bacterial food poisoning – Staphylococcus aureus, Clostridium botulinum, Clostridium perfringens, Bacillus cereus Food Infection- Salmonellosis, Shigellosis, Cholera, Gastroenteritis. Measures to prevent food poisoning and food borne infection.</p>	15	Chalk and Talk, OHP, PPT presentations, quiz,	 K. Janaki
April 2023	V	<p>UNIT V Microorganisms found in water, soil, air and sewage- List of microorganisms and diseases caused; Test for sanitary quality of water, Purification of water Control of Microorganisms in food Control of Access of Microorganisms: sanitation,</p>	15	Chalk and Talk, PPT, group discussion , OHP presentations, quiz, open book test	 K. Janaki

	sterilization and disinfection Control by Heat (Thermal Processing), Low Temperature, Reduced Water Activity and Drying, Low pH and Organic Acids, Modified Atmosphere, Reducing O-R Potential) Antimicrobial Preservatives and Bacteriophages Irradiation, Novel Processing Technologies, Combination of Methods (Hurdle Concept)			
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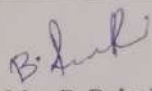
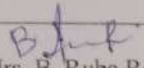


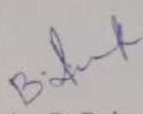
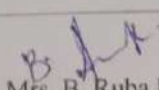
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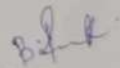
LESSON PLAN
2023-2024

Class : I N&D
Sub. Code : 23OUNDSEC3
Title of the Paper: House Keeping
Total Hours : 30 Hours

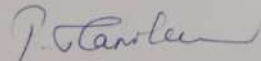
Semester :II

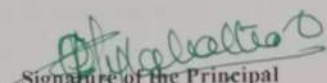
Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2023	I	UNIT I Housekeeping Department Importance of housekeeping, Duties and Responsibilities of Housekeeping Department. Organizational Structure, types of lodging establishments. Job Description and Job Specification of staff in the department. Layout of the department, Personal Attributes. Qualities of the Housekeeping staff - skills of a good Housekeeper.	4	Chalk and talk, Group Discussions, Quiz	 Mrs. B. Ruba Rani
Jan 2023	II	UNIT II Housekeeping co-ordination and Procedures Briefing, Debriefing, Gate pass, Inter departmental Co-ordination with more emphasis on Front office and the Maintenance department. Indenting from stores- Inventory of Housekeeping Items, Housekeeping control desk,	4	Chalk and talk, Quiz	 Mrs. B. Ruba Rani

		Importance, Role, Co-ordination, check list, key control, Handling Lost and Found, Forms, Formats and registers used in the Control Desk, Paging systems and methods, Handling of Guest queries, problem, request. General operations of control desk, Role of control desk during Emergency.			
Feb 2023	III	<p>UNIT III</p> <p>Hotel Guest room - Importance of the Guestroom to a Guest, Types of guest rooms, Guest Supplies/Amenities in a guest room, Bed making procedures and types.</p> <p>Different types and importance of keys – section key, master key, floor key and grand master key. Key of executive offices and public areas and computerized key.</p> <p>Pest control and eradication – with special reference to rats, cockroaches, furniture beetle, clothes moth, etc.</p> <p>Dealing with emergency like fire, death, theft, accidents, safety security control.</p>	6	Chalk and talk, PPT, On the spot Test	 Mrs. B. Ruba Rani
		<p>UNIT IV</p> <p>Linen/ Uniform / Sewing Room</p> <p>Its importance in hotels, selection</p>	10	Chalk and talk, PPT, On the spot Test	 Mrs. B. Ruba Rani

March 2023	IV	<p>and buying of linen, inspecting. StorageFacilities, receiving used linen.</p> <p>Linen stock for any establishment, Layout, Types of Linen, sizes andLinenexchange procedure, and conditions, Linen Inventory system.</p> <p>Uniform designing: Importance, selection, characteristics, and types</p>			
April 2023	V	<p>UNIT V</p> <p>Housekeeping Inventories</p> <p>Introduction, Cleaning equipment – Selection of equipment.</p> <p>Manual Equipment - brooms and brushes, protective equipment,cloths used incleaning and box sweeper.</p> <p>Mechanical equipment - electric equipment, vacuum cleaner, floor scrubbing and polishing machine, floor shampooing machine, containers trolley, chambermaid's trolley, etc.</p> <p>Cleaning Agents – Water, Detergents, Abrasives, Reagents, Organic Solvents, Disinfectants and Bleaches, Glass Cleaners, Laundry Aids, Toilet Cleaners, Polishes, Floor sealers and Carpet Cleaners, characteristics</p>	6	Chalk and talk, PPT, On the spot Test, Assignment	 Mrs. B. Ruba Rani

		of a good cleaning agent. Selection, Storage and Issuing of Cleaning Agents.			
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2023-2024**


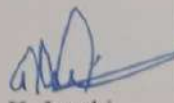
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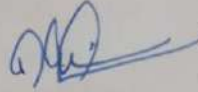
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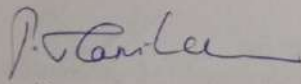
Sub. Code : 23OUNDSECN2

Title of the Paper: Consumer Education

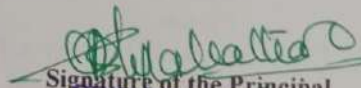
Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2023	I	UNIT I Consumerism and consumer buying problem - Definition and the concept of consumerism – consumer, producer and market. Characteristics of consumers, role of consumers in the Indian economy. Malpractices – Incorrect weights and measures. Misleading Advertisement and Misbranding.	4	Chalk and talk, Group Discussions, Quiz	 K. Janaki
Jan 2023	II	UNIT II Human wants, Demand and Supply - Definition, classification of human wants – necessities, comfort and luxuries. Meaning of demand and supply. Relation between utility, demand and supply. Factors influencing demand and supply. Types of income - Real, money, psychic, relationship of GNP, national income, personal income,	4	Chalk and talk, Quiz	 K. Janaki

April 2023	V	UNIT V Consumer decision making process - Types of consumer decisions, process of decision making, factors determining and influencing consumer behavior, guidelines for wise buying practices. Consumer Protective Services - Consumer Protection Act, Food Adulteration Act – FSSAI. Quality control and inspection Act. Consumer Rights and consumer responsibilities	6	Chalk and talk, PPT, On the spot Test, Assignment	 K. Janaki



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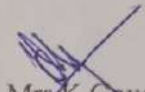

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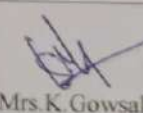
LESSON PLAN
2023-2024

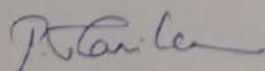
Class : II N&D
Sub. Code : 22OUND41

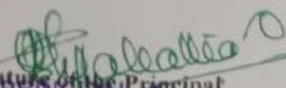
Semester :IV

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 2023	I	Unit - I Carbohydrates Properties of Carbohydrates Structure -glucose, fructose, galactose , maltose, lactose, sucrose, starch, glycogen, dextrin. Metabolism - glycolysis, glycogenesis, glycogenolysis, gluconeogenesis, Kreb's cycle, HMP shunt, blood sugar regulation.	12	Chalk and talk, Group Discussions, Quiz	 Mrs. K. Gowsalya
Jan 2023	II	Unit - II Protein Properties of Protein, Proteins-structure Amino acids – structure and classification Nucleic acids - structure and biological functions. Metabolism-General pathway of amino acid, transamination, deamination, decarboxylation, urea cycle.	15	Chalk and talk, Quiz	 Mrs. K. Gowsalya

Feb 2023	III	Unit - III Lipids Properties of lipids, Lipids- classification, Fatty acids- types, Metabolism - β oxidation, bio synthesis of fatty acids.	15	Chalk and talk, PPT, On the spot Test	 Mrs. K. Gowsalya
March 2023	IV	Unit - IV Enzymes and co-enzymes Enzymes- Definition, classification, mechanism of enzyme action, factors affecting enzyme activity. Co-enzymes - Definition, classification, some common co- enzymes.	9	Chalk and talk, PPT, On the spot Test	 Mrs. K. Gowsalya
April 2023	V	Unit - V Hormones Biological role - pituitary, adrenal cortex and medulla, thyroid, parathyroid and pancreas . Hormone disorder- menopause, addison's disease and cushing's disease.	9	Chalk and talk, PPT, On the spot Test, Assignment	 Mrs. K. Gowsalya


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2023-2024**

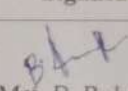
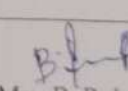
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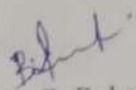
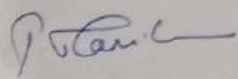
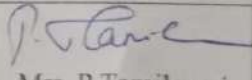
Semester :IV

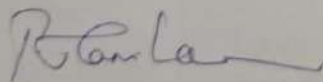
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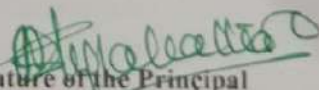
Title of the Paper: Food Preservation

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2023	I	Unit - I Food Preservation -meaning and needs, principles of preservation. Food Preservatives - meaning, types - class I and class II preservatives. Uses of HACCP in food preservation.	12	Chalk and talk, Group Discussions, Quiz	 Mrs. B. Ruba Rani
Jan 2023	II	Unit-II Preservation by use of Low Temperature - types - refrigeration, Slow, quick, dehydro freezing, effect of freezing on nutritive value. Preservation by use of High Temperature - principles, types of pasteurization, steam sterilization, canning- process, types of Spoilage in canned Foods.	9	Chalk and talk, Quiz	 Mrs. B. Ruba Rani

Feb 2023	III	Unit – III Preservation by dehydration - principles , treatment, methods – freeze, sun, spray, foam mat and drying by smoking.	15	Chalk and talk, PPT	 Mrs. B. Ruba Rani
March 2023	IV	Unit-IV Preservation of food by high concentration sugar and salt – preparation-jam, jelly, sauces, squashes,crushes, marmalades. Types of pickles- tomato, lime and green chillies.	9	Chalk and talk, PPT	 Mrs. P. Tamilarasi
April 2023	V	Unit – V Preservation of food by irradiation- meaning, uses, effect of nutritive value . Fermented beverages- wine, beer, rum and vinegar, Toddy & Fenny.	15	Chalk and talk, PPT, Assignment	 Mrs. P. Tamilarasi


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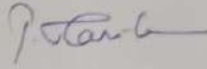
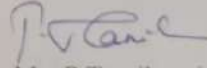
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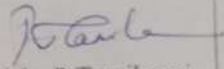
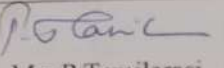
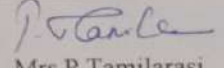
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2023-2024**

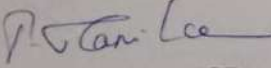
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Sub. Code : 21N61

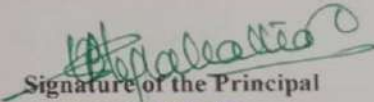
Semester :VI

Title of the Paper: Food Processing
Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2023	I	Food processing Introduction, types, scope, aims and principles of food processing. Cereal processing Milling – traditional and modern milling , by products of milling of wheat ,storage of processed cereal grains, extruded processing – production of pasta, noodles.	15	Chalk and talk, Group Discussions, Quiz	Mrs.P.Tamilarasi 
Jan 2023	II	Pulse & Legumes Processing Processing methods, quick cooking legumes, instant legume powders. Nuts and oil seeds Oilseed pressing, solvent extraction, purification, processing of oil.	15	Chalk and talk, Quiz	Mrs.P.Tamilarasi 

Feb 2023	III	Vegetable & fruit processing Pre-processing considerations in different vegetables & Fruits , Processing – blanching, canning, pickling process, chutneys, puree , tutty fruity, Fruit concentrates and vegetable paste. Carrot, tomato and beetroot juice processing	15	Chalk and talk, PPT	 Mrs.P.Tamarasi
March 2023	IV	Milk processing- operations, types & manufacture of milk and milk products	15	Chalk and talk, PPT	 Mrs.P.Tamarasi
April 2023	V	Fleshy foods- fish & meat – processing –smoking, dehydration, canning, preservation using class I &II preservatives , FSSAI – permissible limits.	15	Chalk and talk, PPT, Assignment	 Mrs.P.Tamarasi


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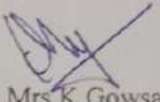

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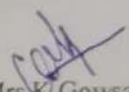
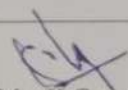
LESSON PLAN
2023-2024

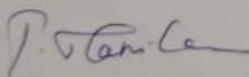
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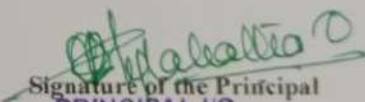
Semester : VI

Title of the Paper: Dietetics-II
Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2023	I	Deficiency disorders - PEM, Vitamin - A, Iron, Iodine-causes, symptoms and dietary management. Lung diseases COPD - causes, symptoms and dietary management	15	Chalk and talk, Group Discussions, Quiz	 Mrs. K. Gowsalya
Jan 2023	II	Febrile diseases - causes, symptoms and dietary management-Acute diseases-typhoid, influenza and malaria, Chronic disease- tuberculosis. Gastro intestinal disorders- causes, symptoms and dietary management -diarrhoea, dysentery constipation and GERD.	15	Chalk and talk, Quiz	 Mrs. K. Gowsalya

Feb 2023	III	Genetic disorders –phenyl ketonuria, galactosemia , fructosuria- definition, diagnosis, symptoms and dietary treatment	15	Chalk and talk, PPT	 Mrs. K. Gowsalya
March 2023	IV	Diet in allergy – definition, classification, food allergens, symptoms, test for allergy, dietary management.	15	Chalk and talk, PPT	 Mrs. K. Gowsalya
April 2023	V	Burns- types , dietary management. AIDS -causes, symptoms and dietary management	15	Chalk and talk, PPT, Assignment	 Mrs. K. Gowsalya


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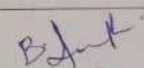
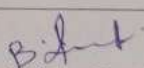
**LESSON PLAN
2023-2024**

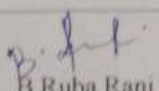
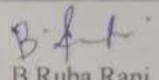
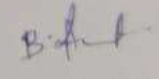
Class : II N&D
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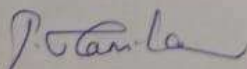
Semester : VI

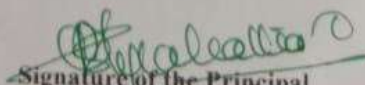
Title of the Paper: Food Safety Management

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2023	I	Food safety – definition, food safety quality factors, food related hazards- physical, chemical, and biological hazards, microbiological considerations in food safety	15	Chalk and talk, Group Discussions, Quiz	 B. Ruba Rani
Jan 2023	II	Quality control – meaning, principles of quality control in food, raw material control, process control, inspection of finished product, sensory evaluation, packaging, labelling and storage, Total quality management	15	Chalk and talk, Quiz	 B. Ruba Rani

Feb 2023	III	Sensory Assessment – Sensory assessment on food quality- appearance, color, flavour, texture and taste, reasons for testing food quality and trained panel members, different method of sensory analysis –difference test – paired comparison, duo-trio, triangle, rating tests-ranking, hedonic rating, numerical scoring, sensitivity tests – sensitivity threshold - dilution and descriptive test.	15	Chalk and talk, PPT	 B.Ruba Rani
March 2023	IV	Food Additives – definition , functions, food colours –types – natural & chemical advantage and disadvantages. food adulteration- definition – intentional and incidental adulteration.	15	Chalk and talk, PPT	 B.Ruba Rani
April 2023	V	Food laws and regulations – standard of weight and measures act, mark of BIS, AGMARK, PFA, FPO, JECFA, Food Safety and Standards Act, GMP, GHP, Codex Alimentarius, HACCP- principles and application of HACCP.	15	Chalk and talk, PPT, Assignment	 B.Ruba Rani


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LESSON PLAN
2023-2024

Class : II N&D
Sub. Code : 21SEN61

Semester :VI

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 2023	I	Introduction to front office - organizational structure of front office, qualities of front office staff, functions of front office, job specification, job description, duties of a front office person.	7	Chalk and talk, Group Discussions, Quiz	Mrs.P.Tamilarasi <i>P.Tamilarasi</i>
Jan 2023	II	Reservation - types of rooms, types of rates & plan, reservation system- types of reservation ,reservation chart ,cancellations.	8	Chalk and talk, Quiz	Mrs.P.Tamilarasi <i>P.Tamilarasi</i>
Feb 2023	III	Reception -Role of the receptionist, pre-arrival ,arrival and departure of guest, VIP procedure, handling mail	5	Chalk and talk, PPT	Mrs.P.Tamilarasi <i>P.Tamilarasi</i>

March 2023	IV	Amenities –Assignment of room ,spa, club, gim , swimming pool. list of guest supplies, complementary amenities , free wifi facilities.	5	Chalk and talk, PPT	Mrs.P.Tamilarasi <i>P. Tanla</i>
April 2023	V	Check in & check out procedure & mode of payment	5	Chalk and talk, PPT, Assignment	Mrs.P.Tamilarasi <i>P. Tanla</i>

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