

**Lesson Plan/Course Outline**  
**Course Title: Dietetics**  
**Course Code: NFE 223**  
**Department of NFE**

<b>Class No.</b>	<b>Lesson Plan</b>	<b>Comments</b>
1	Lecture 1: Introduction	
2	Lecture 2: Balanced diet and menu planning	
3	Lecture 3: Balanced diet and menu planning- Continuation	
4	Lecture 4: Diet for pregnancy and lactation	
5	Lecture 5: Diet for pregnancy and lactation- Continuation	
6	Lecture 6: Diet for pregnancy and lactation- Continuation	
7	<b>Class Test 1</b>	<b>Syllabus</b> Lecure-2 to 6  <b>Question Type</b> MCQ, and True/False  <b>Marks -15</b>  <b>Result/Feedback</b> On next class
8	Lecture 7: Diet for growth and development	
9	Lecture 8: Diet for growth and development- Continuation	
10	Lecture 9: Diabetes management	
11	Lecture 10: Diabetes management- Continuation	
12	Lecture 11: Diabetes management- Continuation	
13	<b>Class Test 2</b>	<b>Syllabus</b> Lecure-7 to 11  <b>Question Type</b> MCQ, and True/False  <b>Marks -15</b>  <b>Result/Feedback</b> On next class
14	<b>Assignment</b>	<b>Topics</b> Given  <b>Marks- 05</b>

		Assignment- 05
15	<b>Review Class</b>	
	<b>Midterm Exam</b>	<b>Syllabus</b> Lecture-1 to 11  <b>Question Type</b> MCQ, Assignment based, and Analytical  <b>Full Marks -25</b>  <b>Result/Feedback</b> On the First class after Midterm Exam
16	Lecture 12: Dietary management of cardiovascular diseases	
17	Lecture 13: Dietary management of cardiovascular diseases- Continuation	
18	Lecture 14: Dietary management of liver diseases	
19	Lecture 15: Dietary management of liver diseases- Continuation	
20	<b>Presentation</b>	<b>Topics</b> Given  <b>Marks- 08</b> Presentation- 08
21	<b>Class Test 3</b>	<b>Syllabus</b> Lecture-12 to 15  <b>Question Type</b> Short, MCQ, and True/False  <b>Marks -15</b>  <b>Result/Feedback</b> On next class
22	Lecture 16: Dietary management of Chronic kidney disease	
23	Lecture 17: Dietary management of Chronic kidney disease- Continuation	
24	<b>Review Class</b>	
	<b>Final Exam</b>	<b>Syllabus</b> Lecture-12 to 17  <b>Question Type</b>

	<p>MCQ, Assignment based, and Analytical</p> <p><b>Full Marks -40</b></p> <p><b>Result/Feedback</b> Will be Published in Student Portal</p>
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**Marks Distribution:**

Descriptions	Remarks
Class attendance	07%
3 Quizzes	15%
Class performance / Presentation	5%+8% = 13%
Mid-term test	25%
Semester final exam	40%
Total	100%

**References:**

1. Nutrition and Dietetics- Shubhangini A Joshi
2. Oxford Handbook of Nutrition and Dietetics- Joan Webster-Gandy
3. Applied Nutrition- R Rajalakshmi
4. Manual of nutrition and Diet therapy – N J Gills & M V Bosscher
5. Clinical Dietetics & Nutrition – F P Antia & P Abraham
6. Human Nutrition & Dietetics – Davidson and Passmore
7. Nutrition & Physical Fitness – Bogert, Briggs & Callowey
8. Food Nutrition – M Swaminathan