

LESSON PLAN.

Academic Session :- 2021-2022

SEMESTER:-3RD

Subject :-DIETETICS

Total Period :-

Teacher:- SARITANJALI NAYAK

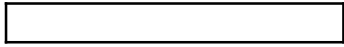
Theory :- 5p/week

MONTH	Week	DAYS/PERIOD	Period	Syllabus to be covered	Syllabus actually covered
SEPT	2ND WEEK OF SEPT22	THURSDAY/15/09/22	1	Definition of dietetics/Basic ingredients of normal diet	
	2ND WEEK OF SEPT22	FRIDAY/16/09/22	1	General idea about protein, carbohydrates, fats, minerals, salt, vitamins and water	
	3RD WEEK OF SEPT22	MONDAY/19/09/22	1	Definition and explanation of beauty diet, food containing vitamins and its method of preparation to prevent its destruction	
	3RD WEEK OF SEPT22	WEDNESDAY/21/09/22	1	Preparation of diet to maintain normal health and weight.	
	3RD WEEK OF SEPT22	THURSDAY/22/09/22	1	Introduction /Food and its function.	
	3RD WEEK OF SEPT22	FRIDAY/23/09/22	1	Functions of food.	
	4TH WEEK OF SEPT22	MONDAY/26/09/22	1	Meaning of Nutrition.	
	4TH WEEK OF SEPT22	WEDNESDAY/28/09/22	1	Concept of Health.	
	4TH WEEK OF SEPT22	THURSDAY29/09/22	1	Meaning of Nutritional status.	
	4TH WEEK OF SEPT22	FRIDAY/30/09/22	1	Definition of calorie	
	2ND WEEK OF OCT22	MONDAY/10/10/22	1	Calculate diet in terms of calories	
	2ND WEEK OF OCT22	WEDNESDAY/12/10/22	1	Preparation of balance diet for vegetarians, non-vegetarians ,growing boys & girls	
	2ND WEEK OF OCT22	THURSDAY/13/10/22	1	Preparation of diet for reducing or putting on weight/Beauty and slimming diet planning	
	2ND WEEK OF OCT22	FRIDAY/14/10/22	1	Calculation of calorie need for different age group	
	3RD WEEK OF OCT22	MONDAY/17/10/22	1	Preparation of different diet chart in terms of calorie	

OCT	3RD WEEK OF OCT22	WEDNESDAY/19/10/22	1	Preparation of different diet chart in terms of calorie	
	3RD WEEK OF OCT22	THURSDAY/20/10/22	1	Preparation of different diet chart in terms of calorie	
	3RD WEEK OF OCT22	FRIDAY/21/10/22	1	Exercise on number of calories to be calculated for different age group in view of economic factors of the client.	
	4TH WEEK OF OCT22	WEDNESDAY/26/10/22	1	Planning of a diet to be taken during summer, winter and rainy season	
	4TH WEEK OF OCT22	THURSDAY/27/10/22	1	Planning of a diet to be taken during summer, winter and rainy season	
	4TH WEEK OF OCT22	FRIDAY/28/10/22		Planning of a diet to be taken during summer, winter and rainy season	
NOV	1ST WEEK OF NOV22	MONDAY/07/11/22	1	Planning of cheaper balance diet that contain protein, minerals and vitamins.	
	1ST WEEK OF NOV22	WEDNESDAY/09/11/22	1	Preparation of seasonal diet chart	
	1ST WEEK OF NOV22	THURSDAY/10/11/22	1	Preparation of seasonal diet chart	
	1ST WEEK OF NOV22	FRIDAY/11/11/22	1	Preparation of seasonal diet chart	
	2ND WEEK OF NOV22	MONDAY/14/11/22	1	Preparation of balance diet for client in terms of cost	
	2ND WEEK OF NOV22	WEDNESDAY/16/11/22	1	Preparation of balance diet for client in terms of cost	
	2ND WEEK OF NOV22	THURSDAY/17/11/22	1	Calculation of food items in terms of costs./Effect of cost in diet	
	2ND WEEK OF NOV22	FRIDAY/18/11/22	1	Effects of food on various system of human body	
	3RD WEEK OF NOV22	MONDAY/21/11/22	1	Types of food having good effect on the important organs of the body	
	3RD WEEK OF NOV22	WEDNESDAY/23/11/22	1	Food having more food value and less cost	
	3RD WEEK OF NOV22	THURSDAY/24/11/22	1	Planning of a diet chart that has more food value and less cost	

	3RD WEEK OF NOV22	FRIDAY/25/11/22	1	Planning of a diet chart that has more food value and less cost	
	4TH WEEK OF NOV22	MONDAY/28/11/22	1	Planning of therapeutic diet for common disorders.	
	4TH WEEK OF NOV22	WEDNESDAY/30/11/22	1	Planning of therapeutic diet for common disorders.	
DEC	1ST WEEK OF DEC22	MONDAY/05/12/22	1	Planning of therapeutic diet for common disorders.	
	1ST WEEK OF DEC22	WEDNESDAY/07/12/22	1	Preparation of seasonal diet chart	
	1ST WEEK OF DEC22	THURSDAY/08/12/22	1	Exercise on number of calories to be calculated for different age group in view of economic factors of the client.	
	1ST WEEK OF DEC22	FRIDAY/09/12/22	1	Definition of dietetics/Basic ingredients of normal diet	
	2ND WEEK OF DEC22	MONDAY/12/12/22	1	Meaning of Nutritional status.	
	2ND WEEK OF DEC22	WEDNESDAY/14/12/22	1	Functions of food.	
	2ND WEEK OF DEC22	THURSDAY/15/12/22	1	General idea about protein, carbohydrates, fats, minerals, salt, vitamins and water	
	2ND WEEK OF DEC22	FRIDAY/16/12/22	1	Planning of cheaper balance diet that contain protein, minerals and vitamins.	
	3RD WEEK OF DEC22	MONDAY/19/12/22	1	Planning of cheaper balance diet that contain protein, minerals and vitamins.	
	3RD WEEK OF DEC22	WEDNESDAY/21/12/22	1	Calculation of food items in terms of costs./Effect of cost in diet	
	3RD WEEK OF DEC22	THURSDAY/22/12/22	1	Food having more food value and less cost	
	3RD WEEK OF DEC22	FRIDAY/23/12/22	1	Planning of therapeutic diet for common disorders.	

Handwritten signature and date: 22/12/22 (S. Jeyaraj) B.C



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