LESSON PLAN.

Academic

Teacher:- SARITANJALI NAYAK

MONTH	her:- SARITANJALI NAYAK Week	DAYS/PERIOD	Period
	2ND WEEK OF OCT21	MONDAY	1
	2ND WEEK OF OCT21		
		FRIDAY	1
ОСТ	2TH WEEK OF OCT21	SATURDAY	2
		SATURDAT	2
	4TH WEEK OF OCT21	MONDAY	1
	4TH WEEK OF OCT21	FRIDAY	1
	4TH WEEK OF OCT21	SATURDAY	2
	5TH WEEK OF OCT21	MONDAY	1
	5TH WEEK OF OCT21	FRIDAY	1
	5TH WEEK OF OCT21	SATURDAY	2
	1st WEEK OF NOV21	MONDAY	1
	1st WEEK OF NOV21	FRIDAY	1
	1ST WEEK OF NOV21		
		SATURDAY	2
	2ND WEEK OF NOV21		
		MONDAY	1
	2ND WEEK OF NOV21		
		FRIDAY	1
	2NDWEEK OF NOV 21		
		SATURDAY	2
NOV			
	3RD WEEK OF NOV 21	MONDAY	1
	3RD WEEK OF NOV 21	FRIDAY	1
	3RD WEEK OF NOV 21	SATURDAY	2
	SKD WEEK OF NOV 21	SATURDAT	2
	4TH WEEK OF NOV 21	MONDAY	1
	4TH WEEK OF NOV 21	FRIDAY	1
	4TH WEEK OF NOV 21	SATURDAY	2
	1ST WEEK OF DEC21	MONDAY	1
1	131 WEEK OF DEC21		1

	1ST WEEK OF DEC21	FRIDAY	1
	1ST WEEK OF DEC21	SATURDAY	2
	2ND WEEK OF DEC21	MONDAY	1
	2ND WEEK OF DEC21	FRIDAY	1
	2ND WEEK OF DEC21	SATURDAY	2
	3RD WEEK OF DEC21	MONDAY	1
DEC	3RD WEEK OF DEC21	FRIDAY	1
DEC	3RD WEEK OF DEC21	SATURDAY	2
	4TH WEEK OF DEC21	MONDAY	1
	4TH WEEK OF DEC21	FRIDAY	1
	4TH WEEK OF DEC21	SATURDAY	2
	5TH WEEK OF DEC21	MONDAY	1
	5TH WEEK OF DEC21	FRIDAY	1
	5TH WEEK OF DEC21	SATURDAY	2
	1ST WEEK OF JAN 21		
JAN			

c Session :- 2020-2021	SEMIESTER:-3RD	
ject :-DIETETICS	Total Period :-	
	Theory :- 5p/week	
Syllabus to be covered	Syllabus actually covered	
Definition of dietetics/Basic ingredients of		
normal diet	COVERED	
General idea about protein, carbohydrates,		
fats, minerals, salt, vitamins and water	COVERED	
Definition and explanation of beauty diet,		
food containing vitamins and its method of		
preparation to prevent its destruction	COVERED	
Preparation of diet to maintain normal		
health and weight.	COVERED	
Introduction /Food and its function.	COVERED	
Functions of food.	COVERED	
Meaning of Nutrition.	COVERED	
Concept of Health.	COVERED	
Meaning of Nutritional status.	COVERED	
Definition of calorie	COVERED	
Calculate diet in terms of calories	COVERED	
Preparation of balance diet for vegetarians,		
non-vegetarians ,growing boys & girls	COVERED	
Preparation of diet for reducing or putting on		
weight/Beauty and slimming diet planning	COVERED	
Calculation of calorie need for different age		
group	COVERED	
Preparation of different diet chart in terms		
of calorie	COVERED	
Preparation of different diet chart in terms		
of calorie	COVERED	
Preparation of different diet chart in terms		
of calorie	COVERED	
Exercise on number of calories to be		
calculated for different age group in view of		
economic factors of the client.	COVERED	
Planning of a diet to be taken during		
summer, winter and rainy season	COVERED	
Planning of a diet to be taken during		
summer, winter and rainy season	COVERED	
Planning of a diet to be taken during		
summer, winter and rainy season	COVERED	
Planning of cheaper balance diet that		

contain protein, minerals and vitamins.

SEMESTER:-3RD

COVERED

: Session :- 2020-2021

Preparation of seasonal diet chart	COVERED
Preparation of seasonal diet chart	COVERED
Preparation of seasonal diet chart	COVERED
Preparation of balance diet for client in	
terms of cost	COVERED
Preparation of balance diet for client in	
terms of cost	COVERED
Calculation of food items in terms of	
costs./Effect of cost in diet	COVERED
Effects of food on various system of human	
body	COVERED
Types of food having good effect on the	
important organs of the body	COVERED
Food having more food value and less cost	COVERED
Planning of a diet chart that has more food	
value and less cost	COVERED
Planning of a diet chart that has more food	
value and less cost	COVERED
Planning of therapeutic diet for common	
disorders.	COVERED
Planning of therapeutic diet for common	
disorders.	COVERED
Planning of therapeutic diet for common	
disorders.	COVERED