

Teacher:- SARITANJALI NAYAK

MONTH	Week	DAYS/PERIOD	Period
OCT	2ND WEEK OF OCT21	MONDAY	1
	2ND WEEK OF OCT21	FRIDAY	1
	2TH WEEK OF OCT21	SATURDAY	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
	NOV	1st WEEK OF NOV21	MONDAY
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
3RD WEEK OF NOV 21		MONDAY	1
3RD WEEK OF NOV 21		FRIDAY	1
3RD WEEK OF NOV 21		SATURDAY	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

Session :- 2020-2021

Subject :-DIETETICS

SEMESTER:-3RD

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
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Planning of cheaper balance diet that contain protein, minerals and vitamins.	COVERED

