

Teacher:- SARITANJALI NAYAK

MONTH	Week	DAYS/PERIOD	Period
SEPT	2ND WEEK OF SEPT22	THURSDAY/15/09/22	1
	2ND WEEK OF SEPT22	FRIDAY/16/09/22	1
	3RD WEEK OF SEPT22	MONDAY/19/09/22	1
	3RD WEEK OF SEPT22	WEDNESDAY/21/09/22	1
	3RD WEEK OF SEPT22	THURSDAY/22/09/22	1
	3RD WEEK OF SEPT22	FRIDAY/23/09/22	1
	4TH WEEK OF SEPT22	MONDAY/26/09/22	1
	4TH WEEK OF SEPT22	WEDNESDAY/28/09/22	1
	4TH WEEK OF SEPT22	THURSDAY29/09/22	1
	4TH WEEK OF SEPT22	FRIDAY/30/09/22	1
OCT	2ND WEEK OF OCT22	MONDAY/10/10/22	1
	2ND WEEK OF OCT22	WEDNESDAY/12/10/22	1
	2ND WEEK OF OCT22	THURSDAY/13/10/22	1
	2ND WEEK OF OCT22	FRIDAY/14/10/22	1
	3RD WEEK OF OCT22	MONDAY/17/10/22	1
	3RD WEEK OF OCT22	WEDNESDAY/19/10/22	1
	3RD WEEK OF OCT22	THURSDAY/20/10/22	1
	3RD WEEK OF OCT22	FRIDAY/21/10/22	1
	4TH WEEK OF OCT22	WEDNESDAY/26/10/22	1
	4TH WEEK OF OCT22	THURSDAY/27/10/22	1
	4TH WEEK OF OCT22	FRIDAY/28/10/22	1
	1ST WEEK OF NOV22	MONDAY/07/11/22	1
	1ST WEEK OF NOV22	WEDNESDAY/09/11/22	1
	1ST WEEK OF NOV22	THURSDAY/10/11/22	1

NOV	1ST WEEK OF NOV22	FRIDAY/11/11/22	1
	2ND WEEK OF NOV22	MONDAY/14/11/22	1
	2ND WEEK OF NOV22	WEDNESDAY/16/11/22	1
	2ND WEEK OF NOV22	THURSDAY/17/11/22	1
	2ND WEEK OF NOV22	FRIDAY/18/11/22	1
	3RD WEEK OF NOV22	MONDAY/21/11/22	1
	3RD WEEK OF NOV22	WEDNESDAY/23/11/22	1
	3RD WEEK OF NOV22	THURSDAY/24/11/22	1
	3RD WEEK OF NOV22	FRIDAY/25/11/22	1
	4TH WEEK OF NOV22	MONDAY/28/11/22	1
	4TH WEEK OF NOV22	WEDNESDAY/30/11/22	1
	DEC	1ST WEEK OF DEC22	MONDAY/05/12/22
1ST WEEK OF DEC22		WEDNESDAY/07/12/22	1
1ST WEEK OF DEC22		THURSDAY/08/12/22	1
1ST WEEK OF DEC22		FRIDAY/09/12/22	1
2ND WEEK OF DEC22		MONDAY/12/12/22	1
2ND WEEK OF DEC22		WEDNESDAY/14/12/22	1
2ND WEEK OF DEC22		THURSDAY/15/12/22	1
2ND WEEK OF DEC22		FRIDAY/16/12/22	1
3RD WEEK OF DEC22		MONDAY/19/12/22	1
3RD WEEK OF DEC22		WEDNESDAY/21/12/22	1

3RD WEEK OF DEC22	THURSDAY/22/12/22	1
3RD WEEK OF DEC22	FRIDAY/23/12/22	1

n :- 2021-2022
DIETETICS

SEMESTER:-3RD
Total Period :-
Theory :- 5p/week

Syllabus to be covered	Syllabus actually covered
Definition of dietetics/Basic ingredients of normal diet	
General idea about protein, carbohydrates, fats, minerals, salt, vitamins and water	
Definition and explanation of beauty diet, food containing vitamins and its method of	
Preparation of diet to maintain normal health and weight.	
Introduction /Food and its function.	
Functions of food.	
Meaning of Nutrition.	
Concept of Health.	
Meaning of Nutritional status.	
Definition of calorie	
Calculate diet in terms of calories	
Preparation of balance diet for vegetarians, non-vegetarians ,growing boys & girls	
Preparation of diet for reducing or putting on weight/Beauty and slimming diet planning	
Calculation of calorie need for different age group	
Preparation of different diet chart in terms of calorie	
Preparation of different diet chart in terms of calorie	
Preparation of different diet chart in terms of calorie	
for different age group in view of economic factors of the client.	
Planning of a diet to be taken during summer, winter and rainy season	
Planning of a diet to be taken during summer, winter and rainy season	
Planning of a diet to be taken during summer, winter and rainy season	
Planning of cheaper balance diet that contain protein, minerals and vitamins.	
Preparation of seasonal diet chart	
Preparation of seasonal diet chart	

Preparation of seasonal diet chart	
Preparation of balance diet for client in terms of cost	
Preparation of balance diet for client in terms of cost	
Calculation of food items in terms of costs./Effect of cost in diet	
Effects of food on various system of human body	
Types of food having good effect on the important organs of the body	
Food having more food value and less cost	
Planning of a diet chart that has more food value and less cost	
Planning of a diet chart that has more food value and less cost	
Planning of therapeutic diet for common disorders.	
Planning of therapeutic diet for common disorders.	
Planning of therapeutic diet for common disorders.	
Preparation of seasonal diet chart	
for different age group in view of economic factors of the client.	
Definition of dietetics/Basic ingredients of normal diet	
Meaning of Nutritional status.	
Functions of food.	
General idea about protein, carbohydrates, fats, minerals, salt, vitamins and water	
Planning of cheaper balance diet that contain protein, minerals and vitamins.	
Planning of cheaper balance diet that contain protein, minerals and vitamins.	
Calculation of food items in terms of costs./Effect of cost in diet	

Food having more food value and less cost	
Planning of therapeutic diet for common disorders.	

Dr
26/2/22 (S. Jem
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