PRACTICALS

FNP 457 VITAMINS IN HUMAN NUTRITION

Course outcome:

At the end of this course the students will acquire the skills of-

CO 1. Various techniques to estimate different vitamins from their natural sources.
CO 2. Methods to study the effect of processing on vitamin losses during processing.
CO 3. Food fortification and its importance.
CO 4. Preparation of vitamin rich foods based on nutritional demand.

1. Estimation of carotene of any 03samples
2. Analysis of food for thiamine and riboflavin (03 samples)
3. Estimation of lycopene from food sample.
4. Estimation of vitamin C by EDTA method (03 samples)
5. Estimation of vitamin C losses during processing
6. Preparation of vitamin rich foods
7. Fortification with any 02 vitamin rich foods
8. Survey on fortified food available in market

FNP 458 MINERALS IN HUMAN NUTRITION

Course outcome:

At the end of this course the students will be able to-

CO 1. Describe the various techniques to estimate different minerals from their natural sources.
CO 2. Identify the qualitative changes in analyzing various minerals.
CO 3. Creates awareness about recent in food fortification and its importance.
CO 4. Preparation of mineral rich foods based on nutritional demand.

1. Qualitative analysis of minerals
2. Estimation of iron, phosphorous, calcium using any three foodstuffs
3. Preparation of iron, calcium, phosphorous rich foods
4. Fortification mineral rich foods and testing food samples for fortificants

FNP 459 LIFE SPAN NUTRITION

Course outcome:

At the end of this course the students will be able to-

CO 1. Preparation of meal using food exchange lists.
CO 2. Plan and preparation of weaning food.
CO 3. Creates awareness about low cost nutritional rich food for children.
CO 4. Preparation of balanced diet for different age group individuals.

1. Introduction to meal planning: Use of food exchange list
2. Planning and preparation of weaning foods for Infants
3. Planning and preparation of diets and dishes for two different calories: Preschool child; School age child and adolescents, Young adult, Pregnant and lactating woman, Elderly