

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

1	Name of Syllabus	C.C. in Food & Nutrition (401213)																																																													
2	Max. No's of Student	25 students.																																																													
3	Duration	1 YEAR																																																													
4	Type	Full Time																																																													
5	No Of Days / Week	6 Days																																																													
6	No Of Hours /Days	7 Hrs																																																													
7	Space Required	Lab = 800 Sq feet Class Room = 200 Sq feet TOTAL = 1000 Sq feet																																																													
8	Entry Qualification	S.S.C. passed																																																													
9	Objective Of Syllabus/ introduction	1. The principles of nutrition and the concept of a balanced diet in meal planning; 2. The relationship between nutrition and health; 3. Making informed food choices regarding a healthy diet; 4. The basic principles underlying food preparation.																																																													
10	Employment Opportunity	1) Dietician 2) Nutritionist Food Processing																																																													
11	Teacher's Qualification	Diploma/Certificate in concern subject																																																													
12	Training System	<div>Training System Per Week</div> <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>18 Hours</td><td>24 Hours</td><td>42 Hours</td></tr></table>						Theory	Practical	Total	18 Hours	24 Hours	42 Hours																																																		
Theory	Practical	Total																																																													
18 Hours	24 Hours	42 Hours																																																													
13	Exam. System	<table><tr><th>Sr. No.</th><th>Paper Code</th><th>Name of Subject</th><th>TH/PR</th><th>Hours</th><th>Max. Marks</th><th>Min. Marks</th></tr><tr><td>1</td><td>40121311</td><td>Nutritional Disorders</td><td>TH I</td><td>3 hrs.</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40121312</td><td>Special Nutrition</td><td>TH II</td><td>3 hrs.</td><td>100</td><td>35</td></tr><tr><td>3</td><td>40121313</td><td>Behavioral Sciences</td><td>TH III</td><td>3 hrs.</td><td>100</td><td>35</td></tr><tr><td>4</td><td>40121321</td><td>Nutritional Disorders</td><td>PR I</td><td>3 hrs.</td><td>100</td><td>50</td></tr><tr><td>5</td><td>40121322</td><td>Special Nutrition</td><td>PR II</td><td>3 hrs.</td><td>100</td><td>50</td></tr><tr><td>6</td><td>40121323</td><td>Behavioral Sciences</td><td>PR III</td><td>3 hrs.</td><td>100</td><td>50</td></tr><tr><td></td><td></td><td>Total</td><td></td><td></td><td>600</td><td>255</td></tr></table>						Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks	1	40121311	Nutritional Disorders	TH I	3 hrs.	100	35	2	40121312	Special Nutrition	TH II	3 hrs.	100	35	3	40121313	Behavioral Sciences	TH III	3 hrs.	100	35	4	40121321	Nutritional Disorders	PR I	3 hrs.	100	50	5	40121322	Special Nutrition	PR II	3 hrs.	100	50	6	40121323	Behavioral Sciences	PR III	3 hrs.	100	50			Total			600	255
Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks																																																									
1	40121311	Nutritional Disorders	TH I	3 hrs.	100	35																																																									
2	40121312	Special Nutrition	TH II	3 hrs.	100	35																																																									
3	40121313	Behavioral Sciences	TH III	3 hrs.	100	35																																																									
4	40121321	Nutritional Disorders	PR I	3 hrs.	100	50																																																									
5	40121322	Special Nutrition	PR II	3 hrs.	100	50																																																									
6	40121323	Behavioral Sciences	PR III	3 hrs.	100	50																																																									
		Total			600	255																																																									

**THEORY I
PART A**

Paper I: Nutrition I

S r.No	Topic
1	Introduction to Nutrition: <ul style="list-style-type: none">• Definition• Importance• Sources
2	The Digestive System: <ul style="list-style-type: none">• Alimentary tract• Function• Physiology
3	<ul style="list-style-type: none">• Absorption & Enzymes: Digestive Enzymes• Absorption process• Composition & Function of Enzymes
4	<ul style="list-style-type: none">• Food & Energy Value: Types of Food• Nutritional Values• General Requirement

PRACTICAL I

PART A

1. Define and analyze task question/problem situation
2. Gather, manage and process information
3. Investigate and develop ideas towards a solution
4. Use appropriate nutritional tools in meal planning and evaluating food products
5. Project

THEORY II
PART A

Sr.No	Topic
1	Carbohydrates: <ul style="list-style-type: none">• Composition• Origins• Nutritional Values• General Requirement
2	Proteins: <ul style="list-style-type: none">• Composition• Origins• Nutritional Values• General Requirement
3	Vitamins and Minerals: <ul style="list-style-type: none">• Composition• Origins• Nutritional Values• General Requirement
4	Fats: <ul style="list-style-type: none">• Composition• Origins• Nutritional Values• General Requirement
5	Water <ul style="list-style-type: none">• Composition• Origins• Nutritional Values• General Requirement

PRACTICAL II

PART A

- 1) Name the sources of varies Nutrient
- 2) Explain the functions of varies Nutrient in the body
- 3) Define the Nutrients
- 4) Project

**THEORY III
PART A**

Paper III: Nutrition III

Sr.no	Topic
1	Cooking And Its Effect On Nutrition : <ul style="list-style-type: none">• Types of Cooking• Effects on food• Preservation of Nutritional Values• Ideal Cooking
2	Daily Intake Of Nutrients: <ul style="list-style-type: none">• Need of Nutrients• General Requirement• Daily Diet• Special Diet
3	Planning a Balanced Diet: <ul style="list-style-type: none">• Ideal Daily Diet• Special Requirement• Diet Planning• Dietary Supplements
4	Timing of Meals: <ul style="list-style-type: none">• Circadian Rhythm• Food Requirement at Varies time• Ideal Time

PRACTICAL III

PART A

1. Apply food preparation techniques and use different cooking methods in
Repairing dishes/meals for different situations;
2. Demonstrate proficient use of equipment and good management of
Resources in food preparation;
3. Demonstrate the ability to evaluate the process/outcome of the task;
4. Communicate ideas effectively.
5. Project

THEORY I
PART B

Paper I: Nutritional Disorders (Theory)

Sr.no	Topic
1	Problems with Eating: <ul style="list-style-type: none">• Eating Habits Eating• Positions• Timing
2	Malnutrition: <ul style="list-style-type: none">• Causes• Effects• People Affected• Prevention
3	Food Toxicity: <ul style="list-style-type: none">• Causes• Effects• Unhygienic Food• People Affected• Prevention
4	Nutritional Disorders: <ul style="list-style-type: none">• Diarrhea• Vomiting• Dehydration

PRACTICAL I

PART B

- Survey on Nutritional Disorders
 - State & explain the Problems with Eating
- Preventive measures for Nutritional Disorders
- Project

THEORY II

PART B

Paper II: Special Nutrition (Theory)

Sr no	Topic
1	Child Nutrition: <ul style="list-style-type: none">• Ideal Daily Diet• Special Requirement• Diet Planning• Dietary Supplements
2	Pre-Pregnancy: <ul style="list-style-type: none">• Ideal Daily Diet• Special Requirement• Diet Planning• Dietary Supplements
3	Pregnancy: <ul style="list-style-type: none">• Ideal Daily Diet• Special Requirement• Diet Planning• Dietary Supplements
4	Infants: <ul style="list-style-type: none">• Ideal Daily Diet• Special Requirement• Diet Planning• Dietary Supplements
5	Sports Nutrition <ul style="list-style-type: none">• Energy• Energy in the Athlete's Body• The Training Diet• The Competition Diet• Fluids• The Athlete's Body Composition• Weight Management• Training for Size and the Use of Sports Supplements
6	Diseases: <ul style="list-style-type: none">• Diabetes• Cancers• AIDS• Cardiac Problems• Osteoporosis• Obesity• Weight loss

PRACTICAL II

PART B

- Survey on special Nutrition for Various diseases
 - State & explain special Nutrition for the Sports
 - Planning of Diet for special groups
 - Case studies
- Project

THEORY III

PART B

Paper III: Behavioral Sciences (Theory)

Sr.no	Topic
1	Psychology: <ul style="list-style-type: none">• Introduction• Brain & Behavior• Sensation & Perception• Motivation• Emotions• Personality
2	Sociology: <ul style="list-style-type: none">• Introduction• Culture• Socialization• Heredity & Environment• Social Control
3	Infants: <ul style="list-style-type: none">• Ideal Daily Diet• Special Requirement• Diet Planning• Dietary Supplements

PRACTICAL III

PART B

Survey on Public Psychology

Sociological Studies

Case studies

Project

Reference Books:

- 1) Modern Nutrition in Health and Disease, Ninth Edition by Maurice E. Shils, James A. Olson, Moshe Shike, A. Catherine Ross (Editors). Lippincott Williams & Wilkins, 1999.
- 2) Advanced Nutrition and Human Metabolism, Fourth Edition by Sareen S. Gropper, Jack L. Smith, and James L. Groff. Wadsworth Publishing, 2004
- 3) Handbook of Clinical Nutrition, Third Edition by Douglas C. Heimbarger and Roland L. Weinsier. C.V. Mosby, 1997.
- 4) Biochemical, Physiological & Molecular Aspects of Human Nutrition, Second Edition by Martha Stipanuk. W.B. Saunders Company, 2006.

Equipments:

- 1) Well equipped Cookery lab.
- 2) Dietary Supplements
- 3) Atomic Models of Nutrients
- 4) Charts & Tables