NUTRITION (NUTN)

Class - XI

Full Marks 100
Theory Marks 70

A. An Introduction to Nutrition

1. Basic concepts about food nutrition and health.
2. Role of food in the maintenance of good health.

B. Nutrients and Nutritive Processes and concepts of Calorie

1. **Nutrients in food and food supplying them** .
2. **Carbohydrates in nutrition** - elementary principles.
3. **Protein and amino acid** - their functions and requirements elementary principles, quality of food protein, animal vs vegetable protein – elementary principles.
4. **Fats and oils in nutrition-** elementary principles.
5. **Vitamins and minerals-** Source, functions and requirements, elementary principles.
6. **Water Balance-** elementary principles.

C. Cookery and Kitchen Sanitations

1. Methods of cooking and their effects on nutritive value of foods- measures for the prevention of loss of nutrients.
2. Planning of an ideal kitchen.

D. Nutrition in Everyday Meal

1. Daily food pattern
2. Basic food groups and study of different foods: cereal, pulses, legumes, roots and tubers, leafy and other vegetables, meal, fish, egg and milk and milk products, fats and oils, sugar and jiggery.
3. Nutritional allowances for Indians.
4. Balance diet for different age groups and occupations.

PRACTICAL (30 marks)

1. Practice using weights and measures.
2. Cooking of cereals in various way and evaluation of results.
3. Milk and egg preparations.
4. Planning and preparation of a supplementary meal for school children.