

Enclosure-III**Shri Manibhai Virani and Smt. Navalben Virani Science College (Autonomous), Rajkot****Affiliated to Saurashtra University, Rajkot****Syllabi for Part – II Trans Disciplinary Courses****Offering Department : Department of Biochemistry**

Trans Disciplinary Elective (TDE)		
For the students admitted from A.Y. 2021-2022& onwards		
Offering Department: Biochemistry	Offered to: All other departments	
Semester – V		
Course Code	Course Title (Adv)	Course Credit and Hours
21UBCTD02	Food and Nutrition	2 Credit-2hrs/wk

Course Description:

Eating patterns affect health and well-being of a person. The culture of eating has changed significantly in recent decades, especially fast food has dominated our regular diet. This course examines contemporary food and it's impact on the individual's health.

Course Purpose:

Understanding how to eat healthy can be daunting, especially when presented with unfamiliar science. Learn and apply everyday nutrition concepts to the lifestyle to get the most out of what is eaten. Take time in understanding how to appropriately read food labels and enhance diet, or break through misconceptions about nutrition fads.

Course Outcomes: Upon completion of this course, the student will be able to

CO No.	CO Statement	Blooms taxonomy Level (K₁ to K₆)
CO ₁	Interpret and apply nutrition concepts to evaluate and improve the his/her health.	K1, K2, K3
CO ₂	Understand basic concepts of major nutrients and list out	K1, K2

	rich source of each.	
CO ₃	Appropriately read food labels and enhance the diet.	K1, K2, K3
CO ₄	Construct his/her own diet plan.	K1, K2, K5
CO ₅	Find myths and facts of well-known diet plans.	K1, K2, K3

Course Content	Hours
Unit 1 Introduction	5 hrs
<ul style="list-style-type: none"> • Food and calories (concept of calorie, low calorie foods and high calorie foods) • Nutrition (concept of nutrition and introduction to 5 major nutrients) • Junk food and fast food • Organic food and natural food • Fortified food 	
Unit 2: Carbohydrates & Protein	5 hrs
<ul style="list-style-type: none"> • What is carbohydrate; it's role in our body and impact on health • Source of carbohydrate • What is Protein; it's role in our body and impact on health • Source of protein. 	
Unit 3: Fat, Fibers and Vitamins	5 hrs
<ul style="list-style-type: none"> • What is fat; it's role in our body and impact on health • Source of fat • Vitamins and fibers; their role in body. • Source of fibers and vitamins 	
Unit 4: A Healthy diet	4 hrs
<ul style="list-style-type: none"> • Local food vs exotic food • Identify fresh fruits and vegetables • Reading the labels behind food items • A healthy diet plan 	
Unit- 5: Popular diet plans	4 hrs
<ul style="list-style-type: none"> • Intermittent fasting • Keto diet • Vegan diet concept • Diet for weight gain 	

Text books:
<ul style="list-style-type: none"> • Manay, N. S. O. (2001). <i>Food: facts and principles</i>. New Age International.
Reference books:
<ul style="list-style-type: none"> • Swaminathan, M. (1974). <i>Essentials of food and nutrition</i>. Vol. I. Fundamental aspects. <i>Essentials of food and nutrition. Vol. I. Fundamental aspects.</i>

Pedagogic tools:

- Chalk and Board
- Power point presentation
- Seminar
- Videos

Methods of Assessment& Tools:**100% CIA**

Components of CIA:

S.N .	Component	Content	Duration if any	Marks	Sub Total
	Test-I	1 st &2 nd unit	1 hrs.	20 (set of 20 marks Objective)	20 Marks
1.	Test-II	All 5 units	3 hrs.	70 (set of 70 marks) Question	90 Marks
				Paper Pattern enclosed in Annexure-I	
2.	Assignment-I Assignment-II		5 (marks on 20) 5 (marks on 20)		10 Marks
Total					100 Marks

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Question Paper Pattern - Test-II - Trans Disciplinary Elective -UG Programmes

For Students admitted from 2021-2022 onwards

Duration of Examination: **3 Hrs.**

Max. Marks: **70**

Part A (45 Questions X 1 Mark = 45 Marks)

Answer **ALL** questions

1.



45.

Part B (5 Questions X 5 Marks = 25 Marks)

Answer **ALL** questions

46a.

OR

46b.



50a.

OR

50b.
