



**Children's University
School of Nutrition and Health
Department of Home Science
Gandhinagar.**

**ACADEMIC
YEAR
2020-2021**

M.Sc.- FN

Year	I	Course Type: Core Compulsory Course No: CCFN103 Course Title: Practical-1	Credits	4
Semester	I		Hours/wk	8
COURSE CONTENT / SYLLABUS- Practical				
Unit I	Human Nutrition			
	<ol style="list-style-type: none"> 1. Plan and prepare normal Balance diet sheet.(for Adult Male, Female) 2. Plan, prepare Recipe with low and high glycemic index foods and calculate its nutritive value 3. Plan, prepare high Fiber and low Fiber Recipe and calculate its nutritive value 4. Plan, prepare low Fat Recipe and calculate its nutritive value 5. Plan, prepare high Protein Recipe and calculate its nutritive value 			
Unit II	Diet Therapy			
	<ol style="list-style-type: none"> 1. Market survey of commercial nutritional supplements and nutritional support substrates. 2. Planning and preparation of diets for patients <ul style="list-style-type: none"> - Liquid diet - Soft diet - Tube or Enteral Feeding 3. Nutritional Management in Fever and infection 			
Unit III	Food Preservation and Basic Microbiology			
	<ol style="list-style-type: none"> 1. Instruments used in microbiology laboratory – Incubator, Hot air oven, centrifuge, Ph. meter, Autoclave 2. Microscope and its parts 3. Gram Staining 4. Observation of micro-organism from fruit, vegetables, bread 5. Sterilization methods 6. Food preparations by using any two physical methods of preservation 			
Unit IV	Physiology (Basic)			
	<ol style="list-style-type: none"> 1. Demonstration of Barr body 2. Blood Grouping and Rh factor 3. Measurement of Blood Pressure (After exercise and during rest) 4. Measurement of body temperature and pulse rate (After exercise and during rest) 			