



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

**ACADEMIC
 YEAR
 2020-20**

M.Sc. - FN

Year	I	Course Type: Core Compulsory Course No: CCFN203 Course Title: Practical-2	Credits	4
Semester	II		Hours/wk	8
Objectives		<ol style="list-style-type: none"> 1. To aware the student about complication, Psychological changes and nutritional requirement during pregnancy and lactation. 2. To provide the knowledge about importance of breast milk, Supplementary and weaning food and health and nutrition of mother and child to the students. 3. To provide the knowledge about direct nutritional assessment of Human groups. 		
COURSE CONTENT / SYLLABUS- THEORY				
Unit I		Maternal Nutrition <ol style="list-style-type: none"> 1. Plan a diet for pregnant women. (One week) 2. Plan a diet for a low, Middle and high–income pregnant women. 3. Plan a diet for lactating women. (One week) 4. Plan a diet for a low, Middle and high income lactating women. (One week) 		
Unit II		Child Nutrition <ol style="list-style-type: none"> 1. Plan and prepare balanced diet and calculate nutrition for the following group. <ul style="list-style-type: none"> • Preschool children.(Breakfast, lunch and dinner) • School children.(Breakfast, lunch and dinner) • Adolescent girl and boy.(Breakfast, lunch and dinner) 		
Unit III		Food Science I <ol style="list-style-type: none"> 1. Conduct Tests <ul style="list-style-type: none"> • To know the Sensitivity • Acceptability of a new product • To know likes and dislikes 2. Prepare Recipe using fermented food product 		
Unit IV		Food Science I <ol style="list-style-type: none"> 1. Prepare recipe where crystallization of Sugar take place and avoided 2. Prepare recipe Caramelisation Takes place 3. Prepare Recipes where one –Thread and three Thread consistency is utilized 4. Market survey of Artificial Sweeteners 		