

**SES's L.S. RAHEJA COLLEGE OF ARTS AND  
COMMERCE  
(AUTONOMOUS)**



**BOARD OF STUDIES:** Co-Curricular Courses

**PROGRAMME:** BAMMC

**SEMESTER:** III

**NOMENCLATURE OF THE COURSE:** Health and Wellness- I

**NEP Vertical:** Co-Curricular Courses (CC)

**Credit:** 02

(As Per Choice Based Credit System (under NEP 2020) with effect from the academic year 2025-2026)



<b>Programme:</b>	Bachelor of Arts in Multimedia and Mass communication
<b>Nomenclature of the Course</b>	Health and Wellness – I
<b>Total Marks</b>	50 marks
<b>Semester:</b>	III
<b>Academic year</b>	2025-26

### LEARNING OBJECTIVES:

- To understand the fundamental principles of nutrition and dietetics.
- To gain knowledge about macronutrients, micronutrients, and their role in health.
- To develop skills in meal planning, dietary analysis, and food safety.
- To apply nutrition knowledge in practical settings through diet planning and case studies.

### COURSE OUTCOMES:

- Explain the importance of nutrition and identify essential nutrients.
- Demonstrate the ability to plan balanced meals for different age groups and health conditions.
- Analyze dietary intake and recommend appropriate modifications.
- Apply healthy cooking methods and understand the impact of processing on nutrient retention.

Module	Course Content	Andragogy	No of Lectures
1	<p><b>Unit 1: Introduction to Nutrition</b></p> <ul style="list-style-type: none"> <li>• Definition and Importance of Nutrition</li> <li>• Basic Food Groups and their Functions</li> <li>• Concept of Balanced Diet</li> </ul> <p><b>Unit 2: Macronutrients and Micronutrients</b> Carbohydrates, Proteins, and Fats – Sources and Functions</p> <ul style="list-style-type: none"> <li>• Vitamins and Minerals – Sources and Functions</li> <li>• Role of Water and Fiber in Nutrition</li> </ul>	Lectures, PowerPoint presentations, Group discussions, Case studies, Interactive Q&A sessions, Visual aids and nutritional charts, Self-assessment quizzes	15
2	<p><b>Unit 1: Understanding Food Labels and Meal Planning</b></p> <ul style="list-style-type: none"> <li>• Reading and Interpreting Nutrition Labels</li> <li>• Preparing a Basic Diet Chart for Different Age Groups</li> </ul> <p><b>Unit 2: Healthy Cooking Practices</b></p> <ul style="list-style-type: none"> <li>• Cooking Methods and their Effect on Nutrients</li> <li>• Preparing a Low-Calorie, High-Protein Meal</li> </ul>	Hands-on food label analysis, Dietary chart development, Practical cooking demonstrations, Food journal keeping and analysis, Real-world case study analysis, Field visits/virtual sessions with	15
	Total		30

## SUGGESTED READINGS

1. Swaminathan, M. (2018). *Essentials of Food and Nutrition*. Bangalore Printing.
2. Srilakshmi, B. (2016). *Dietetics*. New Age International Publishers.
3. Gopalan, C., et al. (2017). *Nutritive Value of Indian Foods*. NIN-ICMR.
4. WHO & FAO Reports on Nutrition and Health (Online Resources).

## QUESTION PAPER PATTERN

### RUBRICS FOR CONTINUOUS EVALUATION

#### Assessment Rubric (50 Marks)

Component	Marks	Criteria
Attendance & Participation	10	Active engagement in class and practicals
Assignments & Case Studies	15	Completion of dietary analysis, food charts, and case studies
Practical Demonstration	15	Cooking, meal planning, and nutritional analysis
Viva/Presentation	10	Understanding and articulation of nutrition concepts

**Passing Criteria: Minimum 40% (20 marks out of 50)**