

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



BOARD OF STUDIES: Co-Curricular Courses

PROGRAMME:

SEMESTER: IV

NOMENCLATURE OF THE COURSE: Health and Wellness-II

NEP Vertical: CC

Credit: 2

(As Per Choice Based Credit System (under NEP 2020) with effect from the Academic Year 2025-26)



Programme:	
Nomenclature of the Course	Health and Wellness-II
Total Marks	50 Marks
Semester:	IV
Academic year	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>Unit 1: Diet Planning and Food Safety</p> <ul style="list-style-type: none"> • Principles of Meal Planning for Different Age Groups • Special Diets for Lifestyle Disorders (Diabetes, Obesity, Hypertension) • Food Hygiene, Safety, and Storage <p>Unit 2: Nutritional Deficiencies and Wellness</p> <ul style="list-style-type: none"> • Common Deficiency Diseases and Prevention (Anemia, Rickets, Scurvy, etc.) • Role of Diet in Immunity and Disease Prevention • Traditional Indian Foods and their Nutritional Benefits 	<ul style="list-style-type: none"> • Lectures • PowerPoint presentations • Group discussions • Case studies • Interactive Q&A sessions • Visual aids and nutritional charts • Self-assessment quizzes 	15
2	<p>Unit 1: Dietary Analysis and Case Studies</p> <ul style="list-style-type: none"> • Recording a 3-Day Food Intake and Analyzing Nutritional Value • Case Studies on Nutritional Interventions <p>Unit 2: Field Visit and Presentation</p> <ul style="list-style-type: none"> • Visit to a Dietitian/Nutritionist (Virtual/Physical) • Group Presentation on Nutrition-Related Topics 	<ul style="list-style-type: none"> • Hands-on food label analysis • Dietary chart development • Practical cooking demonstrations • Food journal keeping and analysis • Real-world case study analysis 	15

		<ul style="list-style-type: none"> • Field visits/virtual sessions with professionals • Peer learning through group presentations • Problem-based learning 	
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SUGGESTED READINGS:

References:

5. Swaminathan, M. (2018). *Essentials of Food and Nutrition*. Bangalore Printing.
6. Srilakshmi, B. (2016). *Dietetics*. New Age International Publishers.
7. Gopalan, C., et al. (2017). *Nutritive Value of Indian Foods*. NIN-ICMR.
8. 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)