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

BOARD OF STUDIES: Co-Curricular Courses

PROGRAMME: Bachelor of Science (Information Technology)

SEMESTER: III

NOMENCLATURE OF THE COURSE: Health and Wellness-I

NEP Vertical: CC

Credit: 02

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

Programme:	**Bachelor of Science (Information Technology)**
Nomenclature of the Course	**Health and Wellness-I**
Total Marks	**50 Marks**
Semester:	**III**
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	**Unit 1: Introduction to Nutrition** • Definition and Importance of Nutrition • Basic Food Groups and their Functions • Concept of Balanced Diet **Unit 2: Macronutrients and Micronutrients** Carbohydrates, Proteins, and Fats – Sources and Functions • Vitamins and Minerals – Sources and Functions • Role of Water and Fiber in Nutrition	• Lectures • PowerPoint presentations • Group discussions • Case studies • Interactive Q&A sessions • Visual aids and nutritional charts • Self-assessment quizzes	15
2	**Unit 1: Understanding Food Labels and Meal Planning** • Reading and Interpreting Nutrition Labels • Preparing a Basic Diet Chart for Different Age Groups **Unit 2: Healthy Cooking Practices** • Cooking Methods and their Effect on Nutrients • Preparing a Low-Calorie, High-Protein Meal	• 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 professionals	15

		• Peer learning through group presentations • Problem-based learning	

SUGGESTED READINGS:

References:

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)**