

SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

LESSON PLAN RECORD OF CLASSES ENGAGED

Course: B. Sc Class: Nutrition and dietetics Academic Year:2016– 2017

Title of the paper :Human Development Subject code :15UNDA11

Theory / Practical :Theory

Name of the teacher : Ms.V.Angel Mary

Sl. NO	ORDER	DATE	UNIT	TOPIC PLANNED	COVERED ON
1.	B	17.06.16	1	The principles of growth	17.06.16
2.	C	20.06.16	1	The principles of growth	17.06.16
3.	C	20.06.16	1	The principles of development	20.06.16
4.	D	21.06.16	1	The principles of development	20.06.16
5.	B	25.06.16	1	Factors that influence the development	21.06.16
6.	C	27.06.16	1	Factors that influence the development	25.06.16
7.	C	27.06.16	1	Methods of child study	27.06.16
8.	D	28.06.16	1	Methods of child study with special emphasis	27.06.16
9.	B	02.07.16	1	Case study method	28.06.16
10.	C	11.07.16	1	Case study method	28.06.16
11.	C	11.07.16	1	Observation method	02.07.16
12.	D	12.07.16	1	Observation method	02.07.16
13.	B	16.07.16	2	Appearance of newborn	11.07.16
14.	C	18.07.16	2	Size of newborn	11.07.16
15.	C	18.07.16	2	Proportion of newborn	12.07.16
16.	D	19.07.16	2	Physical care	16.07.16
17.	B	25.07.16	2	Physical care	18.07.16
18.	C	26.07.16	2	Daily routine-Bathing	18.07.16
19.	C	26.07.16	2	Daily routine-Clothing	19.07.16
20.	D	27.07.16	2	Daily routine-Sleeping	25.06.16
21.	B	01.08.16	2	Feeding-Natural	25.06.16
22.	C	02.08.16	2	Feeding-Artificial	26.06.16

23.	C	02.08.16	2	Immunization schedule	01.08.16
24.	D	02.08.16	2	Immunization schedule	02.08.16
25.	B	08.08.16	3	Early childhood period(1to6years)-Physical growth	03.08.16
26.	C	10.08.16	3	Motor growth	08.08.16
27.	C	10.08.16	3	Language development	10.08.16
28.	D	11.08.16	3	Intellectual development	10.08.16
29.	B	15.08.16	3	Emotional development	11.08.16
30.	C	19.08.16	3	Social development	15.08.16
31.	C	19.08.16	3	Late Childhood period(6to12years)-Physical growth	19.08.16
32.	D	20.08.16	3	Motor growth	19.08.16
33.	B	26.08.16	3	Intellectual development	20.08.16
34.	C	27.08.16	3	Emotional development	20.08.16
35.	C	27.08.16	3	Social development	26.08.16
36.	D	29.08.16	3	Habits and Habit formation	27.08.16
37.	B	02.09.16	4	Period of Adolescence-Physical development	29.08.16
38.	C	06.09.16	4	Physical development	02.09.16
39.	C	06.09.16	4	Social development	06.09.16
40.	D	07.09.16	4	Social development	07.09.16
41.	B	16.09.16	4	Emotional development	07.09.16
42.	C	17.09.16	4	Emotional development	16.09.16

43.	C	17.09.16	4	Cognitive development	17.09.16
44.	D	19.09.16	4	Cognitive development	19.09.16
45.	B	23.09.16	4	Cognitive development	23.09.16
46.	C	26.09.16	4	Juvenile delinquency	26.09.16
47.	C	26.09.16	4	Juvenile delinquency	26.09.16
48.	D	27.09.16	4	Juvenile delinquency	27.09.16
49.	B	3.10.16	5	Age related changes-Physical problems of old age	3.10.16
50.	C	4.10.16	5	Physical problems of old age	4.10.16
51.	C	4.10.16	5	Physical problems of old age	4.10.16
52.	D	5.10.16	5	Physical problems of old age	5.10.16
53.	B	14.10.16	5	Psychological problems of old age	14.10.16
54.	C	17.10.16	5	Psychological problems of old age	14.10.16
55.	C	17.10.16	5	Psychological problems of old age	17.10.16
56.	D	18.10.16	5	Psychological problems of old age	17.10.16
57.	B	22.10.16	5	Family attitudes towards the aged	18.10.16
58.	C	24.10.16	5	Family attitudes towards the aged	22.10.16
59.	C	24.10.16	5	Family attitudes towards the aged	24.10.16
60.	D	25.10.16	5	Family attitudes towards the aged	24.10.16

TEXT BOOKS

1. Suriyakanthi, Child Development,
2. New age International publication,
New Delhi

REFERENCE BOOKS:

- 1.
- 2.

Activity	Total Number	Topic I	Topic II	Topic III	Planned Date	Actual Date
Assignment						
Internal Test		Ist Test Portions	IInd Test Portions	IIIrd Test Portions		

J. Arif

Teacher's Sign

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for



SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

Rahmath Nagar, Tirunelveli - 627 011

Lesson Plan

Academic Year 2016-2017[Odd Semester]

Department: NUTRITION AND DIETETICS

Class	:	III YEAR B.SC.NUTRITION AND DIETETICS
Semester	:	V
Name of the Faculty	:	Ms. S.Aariba
Title of the Course	:	MEDICAL NUTRITION THERAPY
Subject Code	:	11UCND53
Text books	:	DIETETICS, SRILAKSHMI
Reference books	:	NUTRITION SCIENCE, SRILAKSHMI

Sl. No	Actual Date	Order	Unit	Topics Planned	Date- Covered on
1.	17.06.16	B	I	Definition of dietetics	17.06.16
2.	20.06.16	C	I	purpose of diet therapy	20.06.16
3.	23.06.16	F	I	Routine hospital diets	23.06.16
4.	23.06.16	F	I	clear fluid diet	23.06.16
5.	25.06.16	B	I	full fluid diet	25.06.16
6.	27.06.16	C	I	soft diet	27.06.16
7.	30.06.16	F	I	regular normal diet	30.06.16

8.	30.06.16	F	I	preoperative diet	30.06.16
9.	02.07.16	B	I	postoperative diet	02.07.16
10.	11.07.16	C	I	Special feeding methods -	11.07.16
11.	14.07.16	F	I	Enteral feeding-advantages and disadvantages.	14.07.16
12.	14.07.16	F	I	Parental feeding-advantages and disadvantages.	14.07.16
13.	16.07.16	B	II	Diet in fevers	16.07.16
14.	18.07.16	C	II	Fever- causes	18.07.16
15.	21.07.16	F	II	Types of fever	21.07.16
16.	21.07.16	F	II	metabolic changes during fever	21.07.16
17.	25.07.16	B	II	Principles of dietary management of fever	25.07.16
18.	26.07.16	C	II	Diet in Diabetes Mellitus	26.07.16
19.	29.07.16	F	II	Diabetes Mellitus - etiology	29.07.16
20.	29.07.16	F	II	Diabetes Mellitus - symptoms	29.07.16
21.	01.08.16	B	II	Diabetes Mellitus - type- I	01.08.16
22.	02.08.16	C	II	Diabetes Mellitus - types - II	02.08.16
23.	05.08.16	F	II	Diabetes Mellitus -dietary management.	05.08.16

24.	05.08.16	F	II	Diabetes Mellitus - treatment	05.08.16
25.	09.08.16	B	III	Diet in Cardiac disorders	09.08.16
26.	10.08.16	C	III	Atherosclerosis	10.08.16
27.	13.08.16	F	III	role of fat in the development in Atherosclerosis	13.08.16
28.	13.08.16	F	III	risk factors of CVD.	13.08.16
29.	18.08.16	B	III	dietary modification of CVD.	18.08.16
30.	19.08.16	C	III	Hypertension	19.08.16
31.	23.08.16	F	III	Hypertension- types.	23.08.16
32.	23.08.16	F	III	Hypertension- symptoms	23.08.16
33.	26.08.16	B	III	Diet in diseases of the digestive tract	26.08.16
34.	27.08.16	C	III	Causes, symptoms and dietary modification for peptic ulcer	27.08.16
35.	31.08.16	F	III	Causes, symptoms and dietary modification for diarrhoea	31.08.16
36.	31.08.16	F	III	Causes, symptoms and dietary modification for constipation.	31.08.16
37.	02.09.16	B	IV	Diet in kidney diseases	02.09.16
38.	06.09.16	C	IV	kidney diseases - Causes	06.09.16
39.	09.09.16	F	IV	Symptoms and Dietary Modification for glomerulonephritis	09.09.16

40.	09.09.16	F	IV	symptoms and dietary modification for nephrosis	09.09.16
41.	16.09.16	B	IV	symptoms and dietary modification for acute renal failure	16.09.16
42.	17.09.16	C	IV	symptoms and dietary modification for chronic renal failure	17.09.16
43.	21.09.16	F	IV	symptoms and dietary modification for kidney stones	21.09.16
44.	21.09.16	F	IV	Diet in liver diseases	21.09.16
45.	23.09.16	B	IV	liver diseases - Causes	23.09.16
46.	26.09.16	C	IV	Symptoms and Dietary Modification for Cirrhosis of liver	26.09.16
47.	29.09.16	F	IV	Symptoms and Dietary Modification for Hepatitis	29.09.16
48.	29.09.16	F	IV	Symptoms and Dietary Modification for gall stones	29.09.16
49.	3.10.16	B	V	Obesity - Causes	3/10.16
50.	04.10.16	C	V	Obesity - Symptoms	04/10/16
51.	07.10.16	F	V	Obesity - Dietary Modification.	07.10.16
52.	07.10.16	F	V	underweight - Causes	07.10.16
53.	14.10.16	B	V	Obesity and underweight - Symptoms	14.10.16
54.	17.10.16	C	V	Obesity and underweight - Dietary Modification.	17.10.16

55.	20.10.16	F	V	Cancer - types	20.10.16
56.	20.10.16	F	V	Cancer -clinical symptoms	20.10.16
57.	22.10.16	B	V	Cancer - risk factors	22.10.16
58.	24.10.16	C	V	Cancer - dietary management.	24.10.16
59.	26.10.16	F	V	Question paper discussion	26.10.16
60.	26.10.16	F	V	revision	26.10.16.



Signature of the Faculty



Signature of the HOD



SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

Rahmath Nagar, Tirunelveli - 627 011

Lesson Plan

Academic Year 2016-2017[Odd Semester]

Department: NUTRITION AND DIETETICS

Class	:	II B.Sc Nutrition and Dietetics
Semester	:	III Semester
Name of the Faculty	:	S.M.Prasad
Title of the Course	:	Introduction to bakery
Subject Code	:	11UEND5A
Text books	:	
Reference books	:	Textbook of food science and Technology by Vijaya Khader


Sl. No	Actual Date	Order /	Unit	Topics Planned	Date-Topics Covered on
1.	16.6.16	A	I	Introduction to Baking	16.06.16
2.	20.6.16	C	I	Principles of Baking	20.06.16
3.	21.6.16	D	I	Basic Ingredients used in baking	21.06.16
4.	22.6.16	E	I	Introduction to wheat flour	22.06.16
5.	24.6.16	A	I	Types of wheat flour	24.06.16
6.	27.6.16	C	I	Types of wheat flour	27.06.16
7.	28.6.16	D	I	Role of wheat flour in baking	28.06.16
8.	29.6.16	E	I	Baking quality of wheat flour	29.06.16
9.	1.7.16	A	I	Role of water in baking	01.07.16
10.	11.7.16	C	I	Role of water in baking	11.07.16

11.	12.7.16	D	I	Role of salt in baking	12.07.16
12.	13.7.16	E	I	Role of salt in baking	13.07.16
13.	15.7.16	A	II	Introduction to leavening agent - Definition	15.07.16
14.	18.7.16	C	II	Types of leavening agent	18.07.16
15.	19.7.16	D	II	Physical leavening agent	19.07.16
16.	20.7.16	E	II	Chemical leavening agent	20.07.16
17.	22.7.16	A	II	Biological leavening agent	22.07.16
18.	26.7.16	C	II	Role of leavening agents in baking	26.07.16
19.	27.7.16	D	II	Introduction to sugar - Definition	27.07.16
20.	28.7.16	E	II	Types of sugar - Granulated, Caster, Confectionery sugar	28.07.16
21.	30.7.16	A	II	Types of sugar - Pearl, Sanding, Brown sugar	30.07.16
22.	28.16	C	II	Types of sugar - Demerara, Turbinado, Muscovado sugar	28.08.16
23.	3.8.16	D	II	Types of sugar - Molasses, Honey, Maple syrup	03.08.16
24.	4.8.16	E	II	Role of sugar in baking	04.08.16
25.	8.8.16	A	III	Introduction to Fats	08.08.16
26.	10.8.16	C	III	Types of fats used in baking	10.08.16
27.	11.8.16	D	III	Role of fat in baking	11.08.16
28.	12.8.16	E	III	Role of fat in baking	12.08.16

29.	17.8.16	A	III	Introduction to milk products	17.08.16
30.	19.8.16	C	III	Types of milk products used in baking	19.08.16
31.	20.8.16	D	III	Types of milk products used in baking	20.08.16
32.	22.8.16	E	III	Role of milk and milk products in baking	22.08.16
33.	24.8.16	A	III	Introduction to eggs	24.08.16
34.	27.8.16	C	III	Role of egg white in baking	27.08.16
35.	29.8.16	D	III	Role of egg yolk in baking	29.08.16
36.	30.8.16	E	III	Functions of egg in baking	30.08.16
37.	1.9.16	A	IV	General Introduction to dried fruits and nuts	01.09.16
38.	6.9.16	C	IV	Common dried fruits used in baking	06.09.16
39.	7.9.16	D	IV	Role of dried fruits in baking	07.09.16
40.	8.9.16	E	IV	Common nuts used in baking	08.09.16
41.	15.9.16	A	IV	Role of nuts in baking	15.09.16
42.	17.9.16	C	IV	Colouring agent - Introduction	17.09.16
43.	19.9.16	D	IV	Different forms of food colours used in baking	19.09.16
44.	20.9.16	E	IV	Role of food colours in baking	20.09.16
45.	22.9.16	A	IV	Flavouring agent - Introduction	22.09.16
46.	29.9.16	C	IV	Different forms of flavouring agents used in baking	29.09.16

47.	27.9.16	D	IV	Role of flavouring agents in baking	27.09.16
48.	28.9.16	E	IV	Role of enzymes in baking	20.9.16
49.	30.9.16	A	V	Major equipments needed for bakery unit	30.09.16
50.	4.10.16	C	V	Major equipments needed for bakery unit	04.10.16
51.	5.10.16	D	V	Minor equipments needed for bakery unit	05.10.16
52.	6.10.16	E	V	Minor equipments needed for bakery unit	06.10.16
53.	13.10.16	A	V	Plan to run a bakery unit	13.10.16
54.	17.10.16	C	V	Introduction to hygiene and sanitation - Definition	17.10.16
55.	18.10.16	D	V	Hygienic practices of employees	18.10.16
56.	19.10.16	E	V	Hygienic awareness	19.10.16
57.	21.10.16	A	V	Method of cleaning equipments	21.10.16
58.	24.10.16	C	V	Hygienic practices in storage area	24.10.16
59.	25.10.16	D	V	Sanitary measures in bakery unit	25.10.16
60.	26.10.16	E	V	Revision	26.10.16.

Signature of the Faculty



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Rahmath Nagar, Tirunelveli - 627 011

Lesson Plan

Academic Year 2016-2017[Odd Semester]

Department Of Nutrition & Dietetics

Class	: III B.SC NUTRITION & DIETETICS
Semester	: V
Name of the Faculty	: Mrs. E.Sunitha
Title of the Course	: FOOD SERVICE MANAGEMENT
Subject Code	: 11UCND52
Text books	: MohiniSethi and Subject Mathan 1993,Catering Management and integrated approach
Reference books	: The theory of catering science

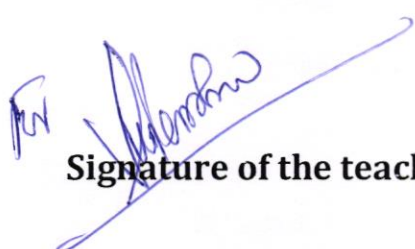
Sl. No	Actual Date	Order	Unit	Topics Planned	Covered on
1.	17.6.16	B	I	Introduction to food service management	17.6.16
2.	21.6.16	D	I	Location of kitchen	21.6.16
3.	22.6.16	E	I	Types of kitchen	22.6.16
4.	23.6.16	F	I	Layout for kitchen	23.6.16
5	23.6.16	F	I	Work centres	23.6.16
6	25.6.16	B	I	Structural features	25.6.16
7	28.6.16	D	I	Storage- Introduction	28.6.16
8	29.6.16	E	I	Storage spaces	29.6.16
9.	30.6.16	F	I	Location of storage	30.6.16


10.	30.6.16	F	I	Types of storage	30.6.16
11.	2.7.16	B	I	Layout for storage	2.7.16
12.	12.7.16	D	I	Service areas	12.7.16
13.	13.7.16	E	I	Location of service area	13.7.16
14.	14.7.16	F	I	Layout of service area	14.7.16
15.	14.7.16	F	I	Types of service area	14.7.16
16.	16.7.16	B	II	Tools of management	16.7.16
17.	19.7.16	D	II	Organizational chart	19.7.16
18	20.7.16	E	II	Types of Organizational chart	20.7.16
19	21.7.16	F	II	Job description	21.7.16
20	21.7.16	F	II	Job specification	21.7.16
21	25.7.16	B	II	Job analysis	25.7.16
22.	27.7.16	D	II	Work schedule	27.7.16
23.	28.7.16	E	II	Time schedule	28.7.16
24.	29.7.16	F	II	Equipment	29.7.16
25.	29.7.16	F	II	Classification of equipment	29.7.16
26.	1.8.16	B	II	Selection of equipment	1.8.16
27	3.8.16	D	II	Care of equipment	3.8.16

28	4.8.16	E	II	Maintenance of equipment	4.8.16.
29	5.8.16	F	II	Functions of equipment	5.8.16
30	5.8.16	F	II	Revision	5.8.16
31.	9.8.16	B	III	Purchasing	9.8.16
32.	11.8.16	D	III	Procedure for purchasing	11.8.16
33	12.8.16	E	III	Receiving	12.8.16
34	13.8.16	F	III	Procedure for receiving	13.8.16.
35	13.8.16	F	III	Storage	13.8.16.
36	18.8.16	B	III	Procedure for storage	18.8.16.
37.	20.8.16	D	III	Menu -introduction	20.8.16
38.	22.8.16	E	III	Types of menu	22.8.16
39.	23.8.16	F	III	Styles of service	23.8.16
40.	23.8.16	F	III	Waiter service	23.8.16
41.	26.8.16	B	III	Self service	26.8.16.
42.	29.8.16	D	III	Vending and mobile catering	29.8.16.
43.	30.8.16	E	III	Portion control	30.8.16.
44.	31.8.16	F	III	Methods of portion control	31.8.16.
45.	31.8.16	F	III	Utilization of leftovers	31.8.16.

46.	2.9.16	B	IV	Personnel management - introduction	2.9.16.
47.	7.9.16	D	IV	Recruitment -introduction	7.9.16.
48.	8.9.16	E	IV	Sources of Recruitment	8.9.16.
49	9.9.16	F	IV	Procedure of Recruitment	9.9.16.
50.	9.9.16	F	IV	Advantages and disadvantages of Recruitment	9.9.16.
51.	16.9.16	B	IV	Selection	16.9.16.
52.	19.9.16	D	IV	Steps in selection	19.9.16.
53.	20.9.16	E	IV	Process of selection	20.9.16.
54.	21.9.16	F	IV	Induction	21.9.16.
55	21.9.16	F	IV	Methods of Induction	21.9.16.
56	23.9.16	B	IV	Advantages and disadvantages of Induction	23.9.16.
57	27.09.16	D	IV	Training	27.9.16
58	28.09.16	E	IV	Methods of of training	28.9.16
59	29.09.16	F	IV	Advantages and disadvantages of Training	29.9.16.
60	29.09.16	F	IV	Revision	29.9.16.
61	03-10.16	B	V	Food cost	3.10.16.
62	05.10.16	D	V	Factor responsible for losses	5.10.16.

63	06.10.16	E	V	Methods of controlling food cost	6.10.16.
64	07.10.16	F	V	Book keeping	7.10.16.
65	07.10.16	F	V	Methods of book keeping	7.10.16.
66.	14.10.16	B	V	Types of Entry system	14.10.16.
67.	18.10.16	D	V	Advantages of double entry system	18.10.16.
68.	19.10.16	E	V	Book of accounts	19.10.16.
69.	20.10.16	F	V	Purchase book	20.10.16.
70.	20.10.16	F	V	Sales book	20.10.16.
71.	22.10.16	B	V	Purchase return book	22.10.16.
72.	25.10.16	D	V	Sales return book	25.10.16.
73.	26.10.16	E	V	Journal	26.10.16.
74.	31.10.16	F	V	Balance sheet	31.10.16.
75	31.10.16	F	V	Question paper discussion	31.10.16.


Signature of the teacher


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