

Lesson Plan

Class: B.Sc. (Home Science) V Semester

Course Name: Normal & therapeutic nutrition

Course Code: B23-HSC-501

Course Type: CC

Teacher Name: Dr. Renu Shah

Month	Topic	Teaching method
August	Meal Planning: Definition, Principles and Factors affecting it	Lecture, Blackboard/Whiteboard, Discussion
	Nutritional Requirements and Principles of Meal Planning of: • Infants • Pre-school Age (4-6 years) • School Age Children (7-11 years) • Adolescents	Lecture, Presentation, Diagram, Blackboard/Whiteboard, Discussion
September	Nutritional Requirements and Principles of Meal Planning of: • Adult • Pregnant women • Lactating women • Old Age	Lecture, Presentation, Diagram, Blackboard/Whiteboard, Discussion
October	Diet Therapy: Definition and Principles	Lecture, Presentation, Blackboard/Whiteboard, Discussion
	Modification of normal diet: Clear fluid, Full fluid, Soft, Bland diet	Lecture, Presentation, Blackboard/Whiteboard, Discussion
	Causes, Symptoms and Dietary	Lecture, Presentation,

	management in disorders: Diarrhea and Constipation	Blackboard/Whiteboard, Discussion
November	Causes, Symptoms and Dietary management in disorders: • Typhoid Fever • Peptic ulcer • Obesity • Diabetes • Hypertension Revision of syllabus, doubt, doubt clarification Class tests/Sessional	Lecture, Presentation, Diagram, Blackboard/Whiteboard, Discussion Interactive Discussion Assessment