

PRACTICALS

FNP 457 VITAMINS IN HUMAN NUTRITION

Course outcome:

- Describe the various techniques to estimate different vitamins from their natural sources.
- Identify the effect of processing on vitamin losses during processing.
- Creates awareness about recent in food fortification and its importance.
- Preparation of vitamin rich foods based on nutritional demand.

- 1) Estimation of carotene of any 03 samples
- 2) Analysis of food for thiamine and riboflavin (03 samples)
- 3) Estimation of vitamin C by EDTA method(03 samples)
- 4) Estimation of vitamin C losses during processing
- 5) Preparation of vitamin rich foods
- 6) Fortification with any 02 vitamin rich foods

FNP 458 MINERALS IN HUMAN NUTRITION

Course outcome:

- Describe the various techniques to estimate different minerals from their natural sources.
- Identify the qualitative changes in analyzing various minerals.
- Creates awareness about recent in food fortification and its importance.
- Preparation of mineral rich foods based on nutritional demand.

- 1) Qualitative analysis of minerals
- 2) Estimation of iron, phosphorous, calcium using any three food stuffs
- 3) Preparation of iron, calcium, phosphorous rich foods
- 4) Fortification mineral rich foods

FNP 459 **LIFE SPAN NUTRITION**

Course outcome:

- Preparation of meal using food exchange lists.
- Plan and preparation of weaning food.
- Creates awareness about low cost nutritional rich food for children.
- Preparation of balanced diet for different age group individuals.

1. Introduction to meal planning: Use of food exchange list
2. Planning and preparation of weaning foods for Infants
3. Planning and preparation of diets and dishes for two different calories
 - Preschool child
 - School age child and adolescents
 - Young adult
 - Pregnant and Lactating woman
 - Elderly