



**MANGALORE UNIVERSITY**

**DEPARTMENT OF BIOSCIENCES**

**MSc Food Science & Nutrition**

**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

