



UNIVERSITY OF CALCUTTA

Notification No.CSR/39/2023

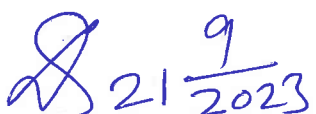
It is notified for information of all concerned that in terms of the provisions of Section 54 of the Calcutta University Act, 1979, (as amended), and, in exercise of her powers under 9(6) of the said Act, the Vice-Chancellor has, by an order dated 19.09.2023 approved that the IDC paper in the syllabus of Food & Nutrition (CSR/20/23, dt. 28.07.2023) , is replaced by ' Basic Nutrition and Food Science' as the new IDC paper for both the Four-year Honours & Honours with Research and Three-year MDC under CCF,2022, under this University, as laid down in the accompanying pamphlet.

The above shall take effect from the academic session 2023-2024.

SENATE HOUSE

Kolkata-700073

The 21st September,2023


Prof.(Dr.) Debasis Das

Registrar

**SYLLABUS FOR IDC OFFERED BY FOOD AND NUTRITION UNDER NEP FOR
OTHER DISCIPLINES, 2023**

BASIC NUTRITION AND FOOD SCIENCE(THEORY) (2 CREDITS)

1. Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Balanced diet, Malnutrition, Energy (Units of energy – Joule, Kilocalorie).
2. Carbohydrate, Protein, Fat, Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine) - sources, classification, functions, deficiencies of these nutrients. Functions of water and dietary fiber.
3. B.M.R: Definition, factors affecting B.M.R. and Total Energy Requirement (Calculation of energy of individuals).
4. Basic five food groups: Nutritional significance of cereals, pulses, milk, meat, fish, vegetable, egg, nuts, oils, sugar.
5. Principles and objectives of meal planning and balanced diet.
6. Diet for a pregnant woman and Lactating mother
7. Diet for an infant, preschool child, school child, Normal male and female of different occupation.

BASIC NUTRITION AND FOOD SCIENCE(PRACTICAL) (1 CREDIT)

1. Elementary idea of weight and measure.
2. Planning and preparation of Balanced diet for an adult.
3. Preparation of different types of nutritious tiffin for pre-schooler and school going children.