

Taranath Shikshana Samsthe





Index for Add-On Course

Title:_	FOOD,	NUTRITION	AND	MEALTH
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Academic Year: 2021

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TARANATH SHIKSHANA SAMSTHE LAXMI VENKATESH DESAI COLLEGE, RAICHUR

(Affiliated to Guibarga University, Kalaburagi Re-Accredited with "B" grade by NAAC)



OBJECTIVE OF THE COURSE

>Understand the general nutritional biochemistry, source, and importance

Make available facts on food hygiene, infections, transmission, and prevention; food spoilage

>LEARNING OUTCOMES

>Awareness on balanced diet, nutrient proportion, utility.

> Social awareness of health hazards.

>Appreciation of good food hygiene.

Department of Zoology

Introducing

Add-on course

On

"FOOD, NUTRITION AND HEALTH"

For 30 Hours

Eligibility: XII Passed (BA/B. Sc/BCA)

Course Start Date: 17-02-2022.

A warm welcome to all the students & staff

Laxmi Venkatesh Desai College, RAICHUR-03.



Vitamin and mineral deficiencies. particularly those of iron, vitamin A. and zinc, affect more than two billion people worldwide. Young children are highly vulnerable because of rapid growth and dietary inadequate practices. Multiple micronutrient powders (MNPs) are single-dose packets containing multiple vitamins and minerals in powder form, which are mixed into any semi-solid food for children six months of age or older

Dr. Venkatesh B. Devaru L.V.D. Colle

Dr. Malkanna Assoc Prof & HOD Department of Zoology

Date: 27.09.2021

To

The Principal,

LVD College, Raichur.

From

Head of Department.

Department of Zoology

Respected Sir.

Sub: Permission to start an Add - On course.

With respect to the above sited subject I, the undersigned request you to grant permission to start an Add-on course titled "FOOD, NUTRITION AND HEALTH" to B.Sc I/II/III year students. The details of syllabus and duration are enclosed. This course helps students to build up their skills. Kindly grant the permission.

Thanking You,

PRINCIPAL LV.D. College, RAICHUR-03.





LAXMI VENKATESH DESAI COLLEGE, RAICHUR

(Affiliated to Gulbarga University, Kalaburagi Re-Accredited with "B" grade by NAAC)

Dr. Venkatesh B. Devaru, M.Sc., Ph.d., MBA. PRINCIPAL

Office of the Principal Ph: (08532)-240286, 240707 Fax: +918532 240707

E-mail: lvdrcr@gmail.com Website: www.lvdcollege.com

Date: 02-11-2021 BOARD OF STUDIES MEETING INVITATION

Respected Sir/ Madam,

Department of Zoology

Board of meeting which has been scheduled on 2nd November 2021 in the Department of Zoology at 10.30 AM. I would like to invite all for BOS meeting to give your valuable suggestion on curriculum and syllabus.

With regards,

Department of Zoology

Head of the Department Zoology







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Date: 02-11-2021 BOARD OF STUDIES MEETING-MINUTES

Department of Zoology

Board of meeting which has been scheduled on 2nd November 2021 in the Department of Zoology at 10.30 AM and the discussion are recorded.

Agenda

- 1. To approve the panel of BOS Chairman, External and Internal members for Add-on course.
- 2. To revise the syllabus.

Meeting minutes

- 1. BOS board members reviewed the feedback analysis report of all the stalk holders.
- 2. The reports of Department Advisory Committee were taken into consideration for the BOS meeting.
- 3. Members reviewed and revised the curriculum and syllabus for Add-on course "FOOD, NUTRITION AND HEALTH".
- 4. The parameters considered for revision
 - a. Health hygiene.
 - b. Anemia.

A detail of the course revisions was done.

The above recommendations are submitted for the approval in the Academic council meeting.

Head of the Department Zoology





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Website: www.lvdcollege.com

Date: 02-11-2021

ORDER

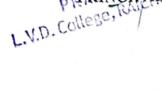
Sub: Meeting of Board of Studies members

A meeting of the following BOS constituted is hereby convened on 02-11-2021at 10.30 AM in the Department of Zoology, L.V.D College, Raichur.

BOARD OF APPOINTMENT OF BOS MEMBERS FOR THE ADD-ON COURSE "FOOD, NUTRITION AND HEALTH"

Sl. No	Name of the Faculty	Designation	Sign
1	Dr. Somanathreddy C Patil	Chairman	set "
	PG Co-ordinator		364
	Department of Studies and Research		PG Co-ordinator
	In Zoology Govt. College (Autonomous)		Pept, of Studies and Research In Zoology Govt, College (Autonomous)
	Kalaburagi- 585103		Kalaburari - 585 103.
2	Mr. Basavaraj. K	External Member	
	Assistant Professor		202
	Department of Zoology		
	G. F.G College, Sindhanur		
3	Dr. Vijaylaxmi C	Internal Member	
	Assistant Professor		Colonix
	Department of Zoology		mill.
	L.V.D College, Raichur		\ \ \

The Chairman and the members are requested to make it convenient to attend the BOS Meeting







TARANATH SHIKSHANA SAMSTHE LAXMI VENKATESII DESAI COLLEGE, RAICHUR

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Dr. Venkatesh B. Devaru, M.Sc., Ph.D., MBA. PRINCIPAL

Office of the Principal Ph: (08532)-240286, 240707 Fax: + 918532 240707

E-mail: lvdrcr@gmail.com Website: www.lvdcollege.com

Date: 27-09-2021

To,

Dr. Somanathreddy C Patil

PG Co-ordinator

Department of Studies and Research in Zoology,

Govt. College (Autonomous),

Kalaburagi- 585103

Sub: Invitation for Board of Studies meeting as Chairman on 2nd November 2021 regarding. Respected sir,

With respect to the above cited subject, we take privilege in inviting you for the Board of Studies Meeting as Chairman for Add-on course "FOOD, NUTRITION AND HEALTH" which will be conducted on 2nd November 2021 in the Dept. Of Zoology, L.V.D College, Raichur, for the academic year 2021-22. In this regard, we request for your valuable suggestion in revising the Curriculum & Syllabus based on latest technology which can help the student's community to shape themselves for their bright future. Hence, kindly accept and confirm your visit for attending the Board of Studies meeting. Kindly confirm your visit by informing to the Principal.

With Warm Regards

Head of the Department Zoology





TARANATH SHIKSHANA LAXMI VENKATESH DESAI COLLEGE, RAICHUR

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Office of the Principal Ph: (08532)-240286, 240707 Fax: +918532 240707

SAMSTHE

E-mail: lvdrcr@gmail.com Website: www.lvdcollege.com

Date: 27-09-2021

To,

Mr. Basavaraj. K

Assistant Professor

Department of Zoology

G. F.G College, Sindhanur

Sub: Invitation for Board of Studies meeting as External Member on 2nd November 2021 regarding. Respected sir,

With respect to the above cited subject, we take privilege in inviting you for the Board of Studies Meeting as External Member ember for Add-on course "FOOD, NUTRITION AND HEALTH" which will be conducted on 2nd November 2021 in the Dept. Of Zoology, L.V.D College, Raichur, for the academic year 2021-22. In this regard, we request for your valuable suggestion in revising the Curriculum & Syllabus based on latest technology which can help the student's community to shape themselves for their bright future. Hence, kindly accept and confirm your visit for attending the Board of Studies meeting. Kindly confirm your visit by informing to the Principal.

With Warm Regards

Head of the Department Zoology

Date: 04-10-2021

To

The Principal, L.V.D College, Raichur.

Respected Sir,

Sub: Acceptance to be a Member of BOS.

With reference to the above-cited subject, I Mr. Basavaraj. K Assistant Professor Department of Zoology G. F.G College, Sindhanur received invitation letter to be a Member of BOS, for the Add-on Course to be conducted by your college.

Hence, I give my consent and accept your invitation as a BOS Member.

Thanking You,

Yours Sincerely



To The Principal, LVD College, Raichur.

Date: 08-10-2021

Respected Sir,

Sub: Acceptance to be the chairman of BOS.

With reference to the above-cited subject, Dr. Somanathreddy C Patil PG Co-ordinator Department of Studies and Research in Zoology, Govt. College (Autonomous), Kalaburagi. I received invitation letter to be a Chairman of BOS, for the Add-on Course to be conducted by your college.

Hence, I give my consent and accept your invitation as a BOS Chairman.

Thanking You,

Yours Sincerely







LAXMI VENKATESH DESAI COLLEGE, RAICHUR

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Website: www.lvdcollege.com

DEPARTMENT OF ZOOLOGY

NOTICE

Based on the feedback analysis and Suggestion of students, college has introduced an Add-on course "FOOD, NUTRITION AND HEALTH" with the duration of 30 hrs. Since students are eligible to get enrolled. After the completion of the course the beneficiaries get good scope on employability. The total seats are restricted to 30 only.

Interested students register their name to the program co-coordinator on or before 05-11-2021.

PRINCIPAL

PRINCIPAL L.V.D. College, RAICHUR-03.







LAXMI VENKATESH DESAI COLLEGE, RAICHUR

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Dr. Venkatesh B. Devaru, M.Sc., Ph.D., MBA. PRINCIPAL

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Website: www.lvdcollege.com

Date: 27 - 09 - 202

TO WHOMSOEVER IT MAY CONCERN

This is to certify that, the college has introduced the Add-on course on "FOOD, NUTRITION AND HEALTH" with the duration of 30 hours introduced in 2021. The said programme is apart from the existing course curriculum.

Head of the Department



TARANTH SHIKSHANA SMASTE'S LAXMI VENKATESH DESAI COLLEGE RAICHUR - 584103



(Affiliated to Gulbarga University, Gulbarga) {Reaccredited with 'B' Grade by NAAC}



DEPARTMENT OF ZOOLOGY FOOD, NUTRITION AND HEALTH COURSE OVERVIEW

35hrs

Vitamin and mineral deficiencies, particularly those of iron, vitamin A, and zinc, affect more than two billion people worldwide. Young children are highly vulnerable because of rapid growth and inadequate dietary practices. Multiple micronutrient powders (MNPs) are single-dose packets containing multiple vitamins and minerals in powder form, which are mixed into any semi-solid food for children six months of age or older. The use of MNPs for home or point-of-use fortification of complementary foods has been proposed as an intervention for improving micronutrient intake in children under two years of age.

AIMS AND OBJECTIVES:

Provide a basic concept of food and nutrition concerning food components and nutrients, dietary needs based on different phases of growth and conditions.

- Understand the general nutritional biochemistry, source, and importance.
- Recognise major nutritional deficiency diseases, their causes, symptoms, treatment, prevention and government programs.
- Sensitise learners about lifestyle-related diseases causes and prevention; Social health problems, causes, treatment, and prevention,
- > Make available facts on food hygiene, infections, transmission, and prevention; food spoilage.

ELIGIBILITY:

Eligibility of the course

: 10+2

Fees structure

: Unpaid course

Intake capacity

: Total numbers of seats 20

Duration of the course

: duration of the course will be four month.



SYLLABUS:

Unit 1: Basic concept of food and nutrition:

5hrs

Food Components and food-nutrients, Concept of a balanced diet, nutrient needs and dietary pattern for various groups, adults, pregnant and nursing mothers, infants, school children, adolescents and elderly

Unit 2: Nutritional Biochemistry:

5hrs

Carbohydrates, Lipids, Proteins- Definition, Classification, their dietary source and role Vitamins- Fat-soluble and Water-soluble vitamins- their dietary source and importance Minerals Iron, calcium, phosphorus, iodine, selenium and zinc: their biological functions

Unit 3: Health: 10hrs

Introduction to health- Definition and concept of health, Major nutritional Deficiency diseases Protein Energy Malnutrition (kwashiorkor and marasmus), Vitamin A deficiency disorders, Iron deficiency disorders, Iodine deficiency disorders- their causes, symptoms, treatment, prevention and government programmes, if any. Life style related diseaseshypertension, diabetes mellitus, and obesity- their causes and prevention through dietary and lifestyle modifications, Social health problems- smoking, alcoholism, drug dependence and Acquired Immuno Deficiency Syndrome (AIDS) - their causes, treatment and prevention, Common ailments- cold, cough, and fevers, their causes and treatment

Unit 4: Food hygiene:

5hrs

Potable water- sources and methods of purification at domestic level Food and Water borne infections: Bacterial infection: Cholera, typhoid fever, dysentery; Viral infection: Hepatitis, Poliomyelitis, Protozoan infection: amoebiasis, giardiasis; Parasitic infection: taeniasis and ascariasis their transmission, causative agent, sources of infection, symptoms and prevention Brief account of food spoilage: Causes of food spoilage and their preventive measures

PRACTICAL

10 hrs

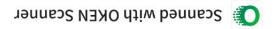
- 1. To detect adulteration in a) Ghee b) Sugars c) Tea leaves and d) Turmeric
- 3. Estimation of Lactose in milk
- 4. Ascorbic acid estimation in food by titrimetry
- 5. Estimation of Calcium in foods by titrimetry
- 6. Study of the stored grain pests from slides/ photograph (Sitophilus oryzae, Trogoderma granarium, Callosobruchus chinensisand Triboliumc astaneum): their identification, habitat and food sources, damage caused and control. Preparation of temporary mounts of the above stored grain pests.

OUTCOMES

- Awareness on balanced diet, nutrient proportion, utility.
- Ability to understand the causes of food disorders and remedial measures to be taken.
- Social awareness of health hazards.
- Appreciation of good food hygiene.

REFERENCE BOOKS:

- 1. Mudambi, SR and Rajagopal, MV (2018). Fundamentals of Foods, Nutrition and Diet
- Therapy; Sixth Ed; New Age International Publishers.
- 2. Bamji MS, Rao NP, and Reddy V.(2017) Text Book of Human Nutrition; Oxford &
- IBH Publishing Co. Pvt Ltd., 4th edition
- 3. Srilakshmi B. Nutrition Science; 2002; New Age International (P) Ltd.
- 4. Srilakshmi B. Food Science; Fourth Ed; 2007; New Age International (P) Ltd.
- 5. Swaminathan M. Handbook of Foods and Nutrition; Fifth Ed; 1986; BAPPCO



TARANATH SHIKSHANA SMAS E LAXMI VENKATESH DESAI COLLEGE RAICHUR - 584103 ADD ON COURSE TIME TABLE FOR B. Sc II, IV & VI SEMESTER

DEPARTMENT OF ZOOLOGY

Semester time table for the year 2021-22

Days↓ Time →	9.30-10.20 AM	10.20-11.10 AM	11.10-12.00 PM	12.00-12.50 PM	12.50-1.40 PM	1.40-2.30 PM	2.30-3.20 PM	3.20-4.10 PM	4.10-5.10 PM
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Monday									
Tuesday									
Wednesday									
Thursday									ADD ON COURSE
Friday									ADD ON COURSE
Saturday									ADD ON COURSE

HEAD OF THE DEPARTMENT

PRINCIPAL L.V.D. College, RAICHUR-03.



Laxmi Venkatesh Desai College, Raichur Affiliated to Gulbarga University, Kalaburagi& Re-Accredited by NAAC with B Grade Attendance Sheet: 2021-2022

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8	2020UGS154	Venkatesh	A	A	P	P	P	P	P	A	P	P	P	P	D	P	P	P	P	P	P	P	7	P	P	P	P	A	P	P	P	₽	AAT	المعا
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Signature of Faculty

Signature of HOD

Signature of Principal

PRINCIPAL L.V.D. College, RAICHUR-03.

Laxmi Venkatesh Desai College, Raicnur Affiliated to Gulbarga University, Kalaburagi& Re-Accredited by NAAC with B Grade Attendance Sheet: 2021-2022

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PRINCIPAC L.V.D. College, RAICHUR:03.







Taranath Shikshana Samsthe

LAXMI VENKATESH DESALCOLLEGE RAICHUR

(Re-Accredited by NAAC with 'B' Grade)



This is to Certify that Miss. / Mr. SHOBA	
of BSC II Sem 20201195032 has comple	
FOOD NUTRITION AND HEALTH	
Conducted by the Department ofZOOLOGY	from
17.02, 2022 to 03.04.2022	
	1,0001

Head of the Department

Head of the Department Zoology



Principal



LAXMI VENKATESH DESAI COLLEGE, RAICHUR

Affiliated to Gulbarga University, Kalaburagi & Raichur University, Raichur

Re-Accredited by NAAC with B Grade

Department of Zoology

Report of Add-on course

Add-on course: FOOD, NUTRITION AND HEALTH

Duration: 30 Hours

Started on: 17-02-2022.

Completed on: 30-04-2022 4

Name of the faculty: Dr. Vijayalaxmi. C

Total No of students admitted: 24

Total No of classes taken: 30

Total No of students benefited: 24

REPORT:

D

The aim of the course is to take aware the students about the nutritional value and identify the nutritional deficiencies and measures to be taken. Department of Zoology has offered this course for B.Sc. I, II, III students. This course was conducted during the 17th Feb 2022 to 30th April 2022. During this period the lectures and practicals were conducted by resource faculties. 24 students have taken advantage of this course.

The survey report showed that there is an excess intake of carbohydrate and fat in their diet. A menu was planned to meet the nutritional requirements of people based on normal RDA value. After the completion of the course students gain the knowledge about the importance of nutrition.

Foculty

PRINCIPAL L.V.D. College, RAICHUR-03.

Course Structure and Examination Scheme:

Com	se Structure and Exam	mation Sci	iteme.			13. 15	
Course No:	Course Name	Hours (Classes)		Internal Marks	Extern	al marks	Total marks
1	FOOD, NUTRITION AND HEALTH	35	10	10	Theory 60	Practical 20	100

TARANATH SHIKSHANA SAMSTHE LAXMI VENKATESH DESAI COLLEGE, RAICHUR SUBJECT: ZOOLOGY INTERNAL ASSESSMENT COURSE TITLE: FOOD, NUTRITION AND HEALTH

Time: 1 hours

Marks: 10

2X05=10

true cal

Q.1. Answer the following (any two)

- 1. Write the important characteristics of infams and adolescents.
- 2. Discuss the points to be considered in planning diets for school children. Explain the causes of obesity in school going children
- 3. Discuss the points to be considered in planning diets for school children. Explain the causes of obesity in school going children

7

LANNII VENKATESII DESAI COLLEGE, RAICHUR TARANATH SHIKSHANA SAMSTHE SUBJECT: ZOOLOGY

COLISE TITLE FOOD, NUTRITION AND HEALTH THEORY EXAM

Time: 3 hours

Marks: 60

3X20=60

- Q.1. Answer the following (any three)
- I Briefly discuss the nutritional requirement of 5 year old boy. What are the special factors to be considered regarding the maritional management of that boy?
- 2. Explain in details about the functions of earbohydrates, proteins and fats in our body
 - 3. Explain in detail the effect of deficiency of Vitamins.
- 4. Describe any one food burne disease with symptoms, causative organism, foods involved in and disadvantiges of using are the advantages What prevention. 5 transmission, methods
- Describe in details the need for maintenance of hygiene of food. Describe the various techniques used for mierubiological testing of Tood.

ATESH DESAI COLLEGE, RAICHUR

SUBJECT: ZOOLOGY PRACTICAL EXAM COURSE TELE: FOOD, NUTRITION AND HEALTH

Time: 1 hours

Marks: 20

Q. Answer the following

1. Identify the photograph of the given annuals and comment. Any two

Aquaculture centre) and viva on it

2. Field study report (visit to

1X10 = 10



TARANATH SIMKSHANA SAMSTHE LAXMI VENKATESH BESAI COLLEGE, RAICHUR

SUBJECT: ZOOLOGY MARKS LIST

COURSE TITLE: FOOD, NUTRITION AND HEALTH

SI.	Reg. No	Name of the Student	Internal	External	Marks	
No			Marks			
				Theory	Practical	Total
1	S2184118	DEVIKA	09	46	28	83
2	S2184119	N. SHRAYANI	10	59	29	98
3	S2184126	RREKHA	08	5%	24	88
4	S2184136	BHARATH M	01	52	24	83 89
5	S2184144	SHOBIIA M	10	53	26	97
6	S2184158	CHAITANYA YADAY	10	58	29	
7	S2184167	SUMEET A JEEVANGI	06	_56	23	85
8	S2184180	VISHWANATH H MARADDY	07	69	24	90
9	S2184182	ANIL KUMAR	09	54	26	89
10	S2184191	TRIVENI	08	53	24	85
11	S2184192	AMBIKA	06	59	29	94
12	S2184197	Chasa	09	53	28	90
13	S2184213	SHIVE KUMAR PATH.	07	54	26	87
14	S2184221	REDDY RACHAVENDRA	09	58	23	90
15	S2184222	AIFA MUSKAN	08	59	24	91
16	S2184227	ANUSHA	07	54	26	87
17	S2184234	VENKATESH K	09	51	2-8	88
18	S2184237	NAAZERIN	10	56	29	95
19	S2184238	SHRUTHIIS	09	54	30	93
20	S2184247	ARSHIYA ZARI'EN	10	57	24	.91
21	S2184252	MEGHANA	07	28	29	94
22	S2184253	SHRUTHI	10	59	28	97
23	S2184254	MONIKA	10	460	26	82
4		TMALLIKARJUN	07	57	28	92

W/

Quegrace

PRINCIPAL HUR-03.