Teaching Plan 21-22
Department of Food & Nutrition (General)
Under CBCS System ; Calcutta University

Syllabus Distribution

(Jan-June/Even Semester 2021)

Module ;CC – 1BT (CC-2/GE-2)

INTRODUCTION TO ELEMENTARY PHYSICS (2ND SEM)

TOPIC	*SUB-TOPIC*	*TEACHER*	*CLASS HOUR*	*TEACHING METHOD*
ELEMENTARY PHYSICS (THEORY)	1. Units- C.G.S. AND F.P.S. system	*Mousumi Das (Sact)*	*1*	*Online classroom nethod*
	2. Measurement Of mass & weight, common & spring balance		*1*	
	3. Motion of body- Displacement, Velocity, acceleration		*2*	
	4. Gravity- Acceleration due to gravity		*2*	
	5. Hydrostatics – Pressure at a point, Archimedes principle Specific gravity, Viscosity & Surface tension		*3*	
	6. Thermometry *7. Calorimetry*		*2*	
	8. Transmission of heat, Thermoflask		*2*	
	9. Matter ,Changes of state, Pressure cooker ,Ice machine		*3*	
	10. Static electricity- *11. Primary cell, storage cell*		*2*	
	12. Electroplating		*1*	

Teaching Plan
Department of Food & Nutrition (General)
Under CBCS System ; Calcutta University

Syllabus Distribution

(Jan-June/Even Semester 2021)

Module ;CC – 1BT (CC-2/GE-2)

INTRODUCTION TO ELEMENTARY PHYSICS (2ND SEM)

TOPIC	*SUB-TOPIC*	*TEACHER*	*CLASS HOUR*	*TEACHING METHOD*
ELEMENTARY PHYSICS (THEORY)	13. *Definition of potential, Current-Relation between two*	*Mousumi Das. (Sact)*	*2*	*Online classroom nethod*
	14. *Electricity & its application*		*2*	
	3. *Refrigerator , Cold storage , Electric fuse*		*2*	
THEORY	**TOTAL CLASS HOUR**		**25**	
ELEMENTARY PHYSICS (PRACTICAL)	1. *Use of balance*		*1*	*Online classroom nethod*
	2. *Determination of specific gravity of a liquid by specific gravity bottles*		*4*	
	3. *Determination of specific gravity of a solid*		*4*	
	4. *Determination of specific gravity of a liquid by hydrostatic pressure*		*4*	
	5. *Reading of barometer + determination of lower and upper fixed point of a thermometer*		*2*	

	6. *Fitting of a electric fuse*		*1*	
ELEMENTARY PHYSICS (PRACTICAL)	**TOTAL CLASS HOUR**		**16**	

ONLINE GOOGLE CLASSROOM LINK :
https://classroom.google.com/c/MjQ0ODU4NjY0NjAx?cjc=mql3eoq

CBCS System
SYLLABUS DISTRIBUTION (JULY-DEC/ODD SEMESTER 2021)

MODULE ;CC – 1CT (CC-3/GE-3)

INTRODUCTION TO ELEMENTARY PHYSIOLOGY (3RD SEM)

TOPIC	*SUB-TOPIC*	*TEACHER*	*CLASS HOUR*	*TEACHING METHOD*
ELEMENTARY PHYSIOLOGY (THEORY)	*1. Animal cell: Structure & function*	***Mousumi Das (Sact)***	*1*	***Online classroom nethod, Lecture method***
	2. Tissue: Definition,Structure, Function, Of different Types of tissue		*2*	
	3. Digestive system (structure & function) *4. Digestion of carbohydrate, Protein & fat* *5. Absorption*		*6*	
	6. Elementary idea of metabolism *7. Enzymes and their hormones* *8. Metabolism in brief (CHO)* *9. Role of hormones in carbohydrate*		*10*	
THEORY	TOTAL CLASS HOUR		19	

TOPIC	SUB-TOPIC	TEACHER	CLASS HOUR	TEACHING METHOD
ELEMENTARY PHYSIOLOGY (PRACTICAL)	1. **Demonstration for determination of blood pressure of human being**	***Mousumi Das (Sact)***	***1***	***Online classroom nethod,*** ***Demonstration method***
	2. ***Identification of slides*** *(blood cells, Stomach , Small intestine, Large intestine, Liver, Pancreas)*		***2***	
	3. Determination of bleeding time and clotting time		***2***	
	4. *Detection of blood group*		***2***	
PRACTICAL	***TOTAL CLASS HOUR***		***7***	

CBCS System
SYLLABUS DISTRIBUTION
(JULY-DEC/ODD SEMESTER 2021)
MODULE ; SEC – A1
INTRODUCTION TO FOOD PRESERVATION
(skill enhancement course: 3rd Sem)

TOPIC	SUB-TOPIC	TEACHER	CLASS HOUR	TEACHING METHOD
FOOD PRESERVATION	***1. Elementary idea of Food Preservation*** ***2. Principle and different methods (in brief)***	***Mousumi Das. (Sact)***	***10***	***Online classroom method,*** ***Classroom online demonstration method,ppt***
	3. Preparation & packaging of jam , jelly, chili sauce		***6***	
	4. Preparation & packaging of tomato ketchup,squash,pickles etc.		***6***	
THEORY	***TOTAL CLASS HOUR***		***22***	

ONLINE GOOGLE CLASSROOM LINK :
https://classroom.google.com/c/MjQ0ODU4NjY0NjAx?cjc=mql3eoq

Teaching Plan
Department of Food & Nutrition (General)
Under CBCS System ; Calcutta University

Syllabus Distribution (July-Dec/Odd Semester 2021)

Module ; CC – 1AT (CC-1/GE-1)
INTRODUCTION TO ELEMENTARY CHEMISTRY (1st Sem)

TOPIC	*SUB-TOPIC*	*TEACHER*	*CLASS HOUR*	*TEACHING METHOD*
ELEMENTARY CHEMISTRY (THEORY)	*1. Law of conservation of mass,* ▪ *Physical &chemical changes,* ▪ *Mechanical mixtures & Chemical compound*	Mousumi Das (Sact)	*4*	*Online classroom method,* *Lecture method,* *demonstration* *Interective method*
	2. Common laboratory process	Mousumi Das (Sact) + Riya Bag (Guest Lecturer)	*1*	
	3. Naming of compound ▪ *(symbols , valency, formula, equation)* *4. Acids , bases and salt*	Riya Bag (Guest Lecturer)	*2*	
	5. Classification of salt, ▪ *buffer solution,* ▪ *acid-base ,acid-base indicator,* ▪ *Molar,normal,formula solution*	Riya Bag (Guest Lecturer	*3*	
	6. Diffusion and osmosis *7. Colloids*	Mousumi Das (Sact) + Riya Bag (Guest Lecturer)	*2*	
	8. Structure of atomic molecule	Riya Bag (Guest Lecturer)	*4*	

Teaching Plan
Department of Food & Nutrition (General)
Under CBCS System ; Calcutta University

Syllabus Distribution (July-Dec/Odd Semester 2021)

Module ; CC – 1AT (CC-1/GE-1)
INTRODUCTION TO ELEMENTARY CHEMISTRY (1st Sem)

TOPIC	SUB-TOPIC	TEACHER	CLASS HOUR	TEACHING METHOD
ELEMENTARY CHEMISTRY (THEORY)	9. Organic chemistry 10. (chemistry of carbon compounds)	Riya Bag (Guest Lecturer)	6	
THEORY	TOTAL CLASS HOUR		22	
ELEMENTARY CHEMISTRY (PRACTICAL)	1. Experiment involving Solution, Decantation, Filtration, distillation, crystallization, separation of constituents of mixture	Riya Bag (Guest Lecturer)	2	Online classroom method, Classroom Demonstration Participatory method
	2. Titration of acid & bases	Riya Bag (Guest Lecturer)	4	
	Qualitative tests: 3. Protein in milk and egg 4. Calcium	Mousumi Das (Sact) + Riya Bag (Guest Lecturer)	4	
	5. Qualitative tests: Phosphorus & iron in foodstuff	Riya Bag (Guest Lecturer)	2	
	6. Simple chemical tests for carbohyrate	Riya Bag (Guest Lecturer)	5	
PRACTICAL	TOTAL CLASS HOUR		17	

ONLINE GOOGLE CLASSROOM LINK :

https://classroom.google.com/c/NDE3NzMyODMwNzA5?cjc=rkk55i2

Teaching Plan
Department of Food & Nutrition (General)
Under CBCS System ; Calcutta University

Syllabus Distribution

(Jan-June/Even Semester 2022)

Module ;CC – 1BT (CC-2/GE-2)

INTRODUCTION TO ELEMENTARY PHYSICS (2nd sem)

TOPIC	*SUB-TOPIC*	*TEACHER*	*CLASS HOUR*	*TEACHING METHOD*
ELEMENTARY PHYSICS (THEORY)	1. Units- C.G.S. AND F.P.S. system	*Mousumi Das (Sact-1)*	*1*	*Lecture method* *Online demonstration method* *Interective method*
	2. Measurement Of mass & weight, common & spring balance		*1*	
	3. Motion of body- Displacement, Velocity, acceleration		*2*	
	4. Gravity- Acceleration due to gravity		*2*	
	5. Hydrostatics – Pressure at a point, Archimedes principle Specific gravity, Viscosity & Surface tension		*3*	
	6. Thermometry *7. Calorimetry*		*2*	
	8. Transmission of heat, Thermoflask		*2*	
	9. Matter ,Changes of state, Pressure cooker ,Ice machine		*3*	
	10. Static electricity- *11. Primary cell, storage cell*		*2*	
	12. Electroplating		*1*	

Teaching Plan
Department of Food & Nutrition (General)
Under CBCS System ; Calcutta University
Syllabus Distribution

(Jan-June/Even Semester 2021)

Module ;CC – 1BT (CC-2/GE-2)

INTRODUCTION TO ELEMENTARY PHYSICS (2ND SEM)

TOPIC	*SUB-TOPIC*	*TEACHER*	*CLASS HOUR*	*TEACHING METHOD*
ELEMENTARY PHYSICS (THEORY)	*15. Definition of potential, Current- Relation between two*	*Mousumi Das. (Sact)*	*2*	*Lecture method Interective method*
	16. Electricity & its application		*2*	
	4. Refrigerator , Cold storage , Electric fuse		*2*	
THEORY	**TOTAL CLASS HOUR**		**25**	
ELEMENTARY PHYSICS (PRACTICAL)	*7. Use of balance*	*Shilpa Dutta (guest lecture) + Mousumi Das (sact)*	*1*	*Demonstration method Participatory method*
	8. Determination of specific gravity of a liquid by specific gravity bottles		*4*	
	9. Determination of specific gravity of a solid		*4*	
	10. Determination of specific gravity of a liquid by hydrostatic pressure		*4*	
	11. Reading of barometer + determination of lower and upper fixed point of a thermometer		*2*	
	12. Fitting of a electric fuse		*1*	

ELEMENTARY PHYSICS (PRACTICAL)	**TOTAL CLASS HOUR**		**16**	

ONLINE GOOGLE CLASSROOM LINK :

https://classroom.google.com/c/NDE3NzMyODMwNzA5?cjc=rkk55i2

Teaching Plan
Department of Food & Nutrition (General)
Under CBCS System ; Calcutta University
Syllabus Distribution

(Jan-June/Even Semester 2022)

Module ;CC – 1DT (CC-4/GE-4)

INTRODUCTION TO BASIC NUTRITION AND FOOD SCIENCE (4th sem)

TOPIC	*SUB-TOPIC*	*TEACHER*	*CLASS HOUR*	*TEACHING METHOD*
BASIC FOOD SCIENCE & NUTRITION (THEORY)	***1. Definition of Food and Nutrition, Nutrients, Nutritional status, Dietetics, Balanced Diet ,Malnutrition energy***	***Mousumi Das. (sact-1)***	***3***	***Lecture method Interective method Demonstration method***
	2. Carbohydrate 3. Protein 4. Fat 5. Vitamins 6. Minerals 7. Water and fiber		***8***	
	8. B.M.R and TER 9. (Definition and affecting factor)		***1***	
	10. Basic five food groups according to ICMR ▪ Cereals,pulses, ▪ Milk,meat,fish.egg ▪ Fruits & vegetables ▪ Nuts,oils & sugar		***6***	

TOPIC	SUB-TOPIC	TEACHER	CLASS HOUR	TEACHING METHOD
BASIC FOOD SCIENCE & NUTRITION (THEORY)	11. Principle and objective of meal Planning 12 . Diet for an infant and preschool child , school child		4	
	13.Diet for normal male and female of different occupation		4	
THEORY	TOTAL CLASS HOUR		26	
BASIC FOOD SCIENCE & NUTRITION (PRACTICAL)	1. Elementary idea of weights and measures	Mousumi Das. (sact)	2	Demonstration method Participatory method
	2. Preparation of cereals and milk		2	
	3. Preparation of pulse and nuts		2	
	4. Preparation of egg and vegetables		2	
	5. Modification od normal diet during pregnancy and lactation		4	
PRACTICAL	TOTAL CLASS HOUR		12	

SYLLABUS DISTRIBUTION

(JAN-JUNE / EVEN SEMESTER 2022)

MODULE ; SEC – B1

INTRODUCTION TO GERIATRIC NUTRITION
(skill enhancement course: 4)

TOPIC	SUB-TOPIC	TEACHER	CLASS HOUR	TEACHING METHOD
GERIATRIC NUTRITION	1. Definition of aging , Senescence, aged people, gerontology ,geriatrics and geriatric nutrition	Mousumi Das (sact)	10	Lecture method Interective method
	2. Physiological changes during old age		8	

	3. Nutritional requirement and general dietary guidelines for elderly			
	4. Major nutritional and health problem during old age		4	
THEORY	**TOTAL CLASS HOUR**		**22**	

Teaching Plan
Department of Food & Nutrition (General)
Under CBCS System ; Calcutta University

Syllabus Distribution (July-Dec/Odd Semester 2022)

Module ; CC – 1AT (CC-1/GE-1)
INTRODUCTION TO ELEMENTARY CHEMISTRY (sem-1)

TOPIC	SUB-TOPIC	TEACHER	CLASS HOUR	TEACHING METHOD
ELEMENTARY CHEMISTRY (THEORY)	1. Law of conservation of mass, ▪ Physical &chemical changes, ▪ Mechanical mixtures & Chemical compound	Mousumi Das (Sact)	6	Lecture method, Demonstration,ppt Interective method
	2. Common laboratory process	Mousumi Das (Sact)	2	
	3. Naming of compound ▪ (symbols , valency, formula, equation) 4. Acids , bases and salt	Barnali Saha (Guest Lecturer)	3	
	5. Classification of salt, ▪ buffer solution, ▪ acid-base ,acid-base indicator, ▪ Molar,normal,formula solution	Barnali Saha (Guest Lecturer)	4	
	6. Diffusion and osmosis 7. Colloids	Mousumi Das	2	

		(Sact)		
	8. Structure of atomic molecule	**Barnali Saha (Guest Lecturer)**	***5***	

	9. Organic chemistry ***10. (chemistry of carbon compounds)***	**Barnali Saha (Guest Lecturer)**	***6***	
THEORY	***TOTAL CLASS HOUR***		***28***	
ELEMENTARY CHEMISTRY (PRACTICAL)	***1. Experiment involving Solution, Decantation, Filtration, distillation, crystallization, separation of constituents of mixture***	**Mousumi Das.(sact)**	***2***	***Classroom Demonstration*** ***Participatory method***
	2. Titration of acid & bases	**Barnali Saha (Guest Lecturer)**	***4***	
	Qualitative tests: ***3. Protein in milk and egg*** ***4. Calcium***	**Mousumi Das (Sact) + Barnali Saha (Guest Lecturer)**	***4***	
	5. Qualitative tests: Phosphorus & iron in foodstuff	**Barnali Saha (Guest Lecturer)**	***2***	
	6. Simple chemical tests for carbohyrate	**Mousumi Das (Sact) + Barnali Saha (Guest Lecturer)**	***5***	
PRACTICAL	***TOTAL CLASS HOUR***		***17***	

CBCS System
SYLLABUS DISTRIBUTION (JULY-DEC/ODD SEMESTER 2022)

MODULE ;CC – 1CT (CC-3/GE-3)

INTRODUCTION TO ELEMENTARY PHYSIOLOGY(Sem-3)

TOPIC	*SUB-TOPIC*	*TEACHER*	*CLASS HOUR*	*TEACHING METHOD*
ELEMENTARY PHYSIOLOGY (THEORY)	*1. Animal cell: Structure & function*	*Mousumi Das (Sact-1)*	*1*	*Lecture method* *Demonstration method,ppt* *Interective method*
	2. Tissue: Definition,Structure, Function, Of different Types of tissue		*2*	
	3. Digestive system (structure & function) *4. Digestion of carbohydrate, Protein & fat* *5. Absorption*		*6*	
	6. Elementary idea of metabolism *7. Enzymes and their hormones* *8. Metabolism in brief (CHO)* *9. Role of hormones in carbohydrate*		*10*	
THEORY	TOTAL CLASS HOUR		19	

ELEMENTARY PHYSIOLOGY (PRACTICAL)	1. **Demonstration for determination of blood pressure of human being**	*Mousumi Das (Sact)*	*1*	*Demonstration method Participatory method*
	2. ***Identification of slides (blood cells, Stomach , Small intestine, Large intestine, Liver, Pancreas)***		*2*	
	3. **Determination of bleeding time and clotting time**		*2*	
	4. ***Detection of blood group***		*2*	
PRACTICAL	*TOTAL CLASS HOUR*		*7*	

CBCS System
SYLLABUS DISTRIBUTION

(JULY-DEC/ODD SEMESTER 2022)

MODULE ; SEC – A1

INTRODUCTION TO FOOD PRESERVATION
(skill enhancement course: sem-5)

TOPIC	SUB-TOPIC	TEACHER	CLASS HOUR	TEACHING METHOD
FOOD PRESERVATION	1. Elementary idea of Food Preservation 2. Principle and different methods (in brief)	Mousumi Das. (Sact)	10	Lecture method Demonstration method,ppt Interactive method
	3. Preparation & packaging of jam , jelly, chili sauce		6	
	4. Preparation & packaging of tomato ketchup,squash,pickles etc.		6	
THEORY	TOTAL CLASS HOUR		22	

CBCS System
SYLLABUS DISTRIBUTION (JULY-DEC/ODD SEMESTER 2022)

MODULE ; DSE -A1

INTRODUCTION TO COMMUNITY NUTRITION (Sem-5)

TOPIC	SUB-TOPIC	TEACHER	CLASS HOUR	TEACHING METHOD
COMMUNITY NUTRITION (THEORY)	1. Concept and types of community	Mousumi Das. (Sact)	1	Lecture method
	2. Nutritional assessment		2	

	3. Elementary idea of national and international agencies	***Mousumi Das. (Sact)***	***6***	***Demonstration method,ppt*** ***Interective method***
	4. Nutritional intervention programs to combat malnutrition ***5. Concept of food fortification and food enrichment***		***6***	
	6. Nutrition education		***2***	
THEORY	***TOTAL CLASS HOUR***		***17***	
COMMUNITY NUTRITION (PRACTICAL)	**1. Preparation of homemade ORS**	***Mousumi Das. (Sact)***	***1***	***Demonstration method*** ***Participatory method***
	2. *Preparation of weaning food for infants* ▪ **Liquid** ▪ **semisolid**		***2***	
	3. *Preparation of weaning food for infants* ▪ **solid**		***2***	
	4. *Preparation of low cost school tiffin and medium cost school tiffin*		***6***	
	5. *Diet survey by 24 hours recall method*		***4***	
THEORY	***TOTAL CLASS HOUR***		***15***	