



E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014.
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)
Re-accredited (3rd Cycle) with Grade A⁺ & CGPA 3.51 by NAAC

LESSON PLAN
2021-2022



Class : I N&D

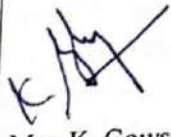


Semester : I

Sub. Code : 17N11

Title of the Paper: Food Science-I

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit – I Introduction to Foods :Food-meaning, classification and functions. food groups-basic four and basic five. cooking-objectives, methods - moist heat, dry heat, microwave cooking, solar cooking and their merits and demerits.	14	Online	 Mrs. K. Gowsalya
Sep 2021	II	Unit – II Cereals and Millets :Classification of cereals and millets, structure of wheat, nutritional composition: - wheat, rice, maize or corn, jowar, ragi and bajra. processing- parching, extrusion and puffing parboiling-merits and demerits. cereal cookery – factors affecting gluten formation, effect of cooking - gelatinization, retrogradation	14	Online	 Mrs. K. Gowsalya

		and dextrinisation . culinary uses of cereals in cookery.			
Oct 2021	III	Unit – III Pulses: Classification, nutritional composition, changes during cooking of pulses, processing - soaking, germination, fermentation, parching, and extrusion. toxic Constituents- trypsin inhibitors, haemagglutinins and cyanogenic glycoside, culinary use of Pulses	15	Online	 Mrs. K. Gowsalya
Nov 2021	IV	Unit - IV Nuts and Oil Seeds: Nutritional composition - almonds, coconut, groundnut, cashewnut, and gingelly seeds. Processing of oilseed – gingelly seed. toxic constituents- aflatoxins and gossypol. culinary use of nuts and oilseeds	15	Online	 Mrs. K. Gowsalya
Dec 2021	V	Unit –V Vegetables & Fruits: Vegetable and fruits - classification, selection, nutritional composition, pigments - water soluble and fat soluble , effect of cooking , conservation nutrients during cooking and processing ,	17	Power point	 Mrs. K. Gowsalya

		browning reaction – types, and prevention.			
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LESSON PLAN
2021-2022



Class : II N&D


Semester :I

Sub. Code :17ANI


Title of the Paper: Human Physiology

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit – I Cells and Tissue: Cells - meaning, types- bone, cartilage, nerve, epithelial, muscle, secretory, adipose, blood and function. tissues- meaning, types- connective, muscle, nervous, epithelial and function. hormones - meaning, function, endocrine glands and their hormones- pituitary, thyroid, parathyroid, adrenal, islets of langerhans.	14	Online	 Mrs. K. Janaki
Sep 2021	II	Unit – II Digestive System: Structure and functions, process of digestion and absorption, functions of saliva, stomach, small intestine and large intestine. Role of liver, pancreas and gall bladder	14	Online	 Mrs. K. Janaki

Oct 2021	III	Unit – III Blood: Blood-function, composition, blood coagulation, blood grouping, blood transfusion	15	Online	 Mrs. K. Janaki
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LESSON PLAN
2021-2022



Class : I N&D


Semester : I

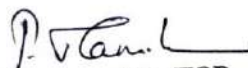
Sub. Code :17AN1


Title of the Paper: Human Physiology

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Oct 2021	III	Circulatory System :Structure and functions of heart, cardiac cycle. Respiratory System :Structure and functions of respiration, mechanism of respiration, transport of gases in lungs.	15	Online	 Mrs. B. Ruba Rani
Nov 2021	IV	Unit - IV Reproductive System: Structure of male and female reproductive organs, menstrual cycle, ovulation and hormones. Excretory System : Structure and functions, formation of urine, composition of urine.	15	Online	 Mrs. B. Ruba Rani

Dec 2021	V	Unit – V Special Senses: Structure of eye, ear, nose, skin ,tongue- mechanism of vision and hearing. Nervous System: Nervous system –sympathetic, parasympathetic.central nervous system - Structure of brain and function.	17	Power point	 Mrs. B. Ruba Rani
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**LESSON PLAN
2021-2022**




Semester : I



Class : I N&D

Sub. Code : 17SEN11


Title of the Paper: Spices and Herbal Nutrition

Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit - I Spices and Herbs - meaning, functions, and classification.	5	Online	 Mrs. B. Ruba Rani
Sep 2021	II	Unit - II Major spices of india- pepper, cardamom, chillies, turmeric and ginger - nutritional composition, culinary uses and therapeutic value.	5	Online	 Mrs. B. Ruba Rani
Oct 2021	III	Unit - III Minor spices of india - garlic, onion, asafoetida, fenugreek, cinnamon, cumin, omum, mustard, and clove- nutritional composition, culinary uses and therapeutic value.	5	Online	 Mrs. B. Ruba Rani

Nov 2021	IV	Unit – IV Herbs- stevia, coriander leaves ,mint, curry leaves ,celery, aloevera, basil and rosemary -nutritional composition , culinary uses and therapeutic value.	8	Online	 Mrs. B. Ruba Rani
Dec 2021	V	Unit – V Preparation of herbal products -herb Tea , juices, dessert, soups and adulteration of spices	7	Power point	 Mrs. B. Ruba Rani


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**LESSON PLAN
2021-2022**


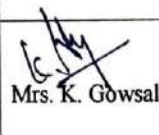


Class : IN&D

Semester : I

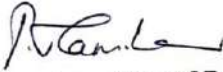
Sub. Code : 17SEN12


Title of the Paper: Food Safety and Quality Control

Total Hours : 30

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit-I Quality control- Meaning, principles of quality control in food-raw material control, process control and finished product inspection. Total quality management.	5	Online	 Mrs. K. Gowsalya
Sep 2021	II	Unit-II Food law and standard-PFA, FPO,ECA, and EIC, food regulation agencies at state level.	5	Online	 Mrs. K. Gowsalya
Oct 2021	III	Unit-III Voluntary standard and certification system- BIS,AGMARK, consumer protection act,International standard-HACCP, codex alimentarius.	5	Online	 Mrs. K. Gowsalya
Nov 2021	IV	Unit-IV Food additives- meaning, food preservatives, food colour- advantages and disadvantages	8	Online	 Mrs. K. Gowsalya

Dec 2021	V	Unit-V Food safety- definition,-food related hazards-naturally occurring toxigants, physical, biological and chemical toxicants.	7	Power point	
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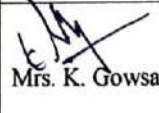
Class : I N&D


Semester : I

Sub. Code : 17NMN1

Title of the Paper: Basic Nutrition

Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	UNIT – I Definitions - nutrition, nutrients, health, nutritional status, malnutrition, under nutrition, over nutrition, balanced diet and RDA.	5	Online	 Mrs. K. Gowsalya
Sep 2021	II	UNIT – II Carbohydrates – definition, classification, function, sources and RDA.	5	Online	 Mrs. K. Gowsalya
Oct 2021	III	UNIT – III Protein- definition, functions, sources, deficiency and RDA.	3		 Mrs. K. Gowsalya


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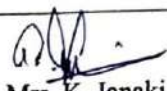




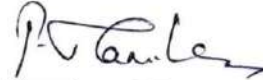
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**LESSON PLAN
2021-2022**

Class : IN&D
Sub. Code :17NMN1
Title of the Paper: Basic Nutrition
Total Hours : 30 Hours

Semester :I

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Oct 2021	III	lipids-definition, functions, types, sources, deficiency and RDA.	3	Online	 Mrs. K. Janaki
Nov 2021	IV	UNIT - IV Vitamins- classification - water soluble (thiamine, riboflavin, niacin, B12), fat soluble (A, D, E, and K), functions, sources, deficiency and RDA	8	Online	 Mrs. K. Janaki
Dec 2021	V	UNIT -V Minerals - classification, functions, sources, deficiency, RDA of calcium, iron, iodine, zinc and sodium.	7	Power point	 Mrs. K. Janaki


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LESSON PLAN
2021-2022


Class : II N&D




Semester : III

Sub. Code : 17N31

Title of the Paper: Fundamentals of Nutrition

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit -I Nutrition and Health : Definition, relation of food to health, RDA, factors affecting RDA, reference man and woman. Energy: Units of energy, determination of energy content of foods – bomb calorimeter, determination of energy requirements, basal metabolic rate, factors affecting BMR, SDA of foods.	14	Online	 Mrs. K. Janaki

Sep 2021	II	Unit - II Carbohydrates :classification, sources, functions, digestion, absorption. Dietary fibre :classification, sources, role of dietary fibre. Water :functions, types, distribution, dehydration	14	Online	 Mrs. K. Janaki
Oct 2021	III	Unit - III Protein: Nutritional Classification,functions, digestion, absorption, protein quality (BV, PER, NPU), types of amino acids.	15	Online	 Mrs. K. Janaki
Nov 2021	IV	Unit - IV Lipids :Classification, functions, digestion, absorption. Fatty acids : Classification-saturated, unsaturated, monounsaturated and polyunsaturated, sources.	15	Online	 Mrs. K. Janaki


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LESSON PLAN
2021-2022




Class : II N&D


Semester : III


Sub. Code : 17AN31

Title of the Paper: Bakery

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit - I Introduction to bakery, baking principles, role of wheat flour in bakery products, types of flour, composition of flour, characteristics of good quality flour, flour test.	14	Online	 Mrs. B. Ruba Rani
Sep 2021	II	Unit - II Functions of ingredients in baking-yeast, eggs, sugar, fats, milk products, emulsifiers, enzymes, cream and leavening agents, water, salt, flavouring and colouring materials.	14	Online	 Mrs. B. Ruba Rani
Oct 2021	III	Unit - III Commercial bread making methods- sponge, straight dough, ferment dough	15	Online	 Mrs. B. Ruba Rani

Nov 2021	IV	Unit – IV Pastry making - principles of pastry making, types – puff, flaky, philo and vegetables. Cakes – types-sponge, plain cake, cake faults and their remedies, types of icings- butter and royal	15	Online	
Dec 2021	V	Unit – V Baking process: Flying fermentation, mixing, bulk fermentation, knock back, dividing and rounding, intermediate proofing, moulding and panning, final proofing, depanning, cooling, slicing, packing.	17	Power point	 Mrs. B. Ruba Rani


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2021-2022

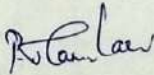
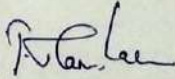
Class : III N&D



Semester :V

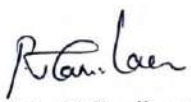
Sub. Code : 17N51

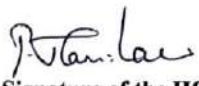
Title of the Paper: Nutrition Through Life Cycle

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit - I Nutrition during adulthood Health, nutritional status, food pyramid, principles of menu planning, balance diet, low cost balanced diet, RDA.	14	Online	 Mrs.P.Tamilarasi
Sep 2021	II	Unit - II Nutrition during pregnancy Physiological stages of pregnancy-stages of gestation, weight gain during pregnancy, nutritional needs during pregnancy, complication of pregnancy and their dietary implications, RDA. Nutrition during lactation Physiological adjustments during lactation, process of stimulation of milk production, factors influencing the volume and composition of	14	Online	 Mrs. P. Tamilarasi

		breast milk, Nutritional requirements during lactation , RDA.			
Oct 2021	III	<p>Unit – III Nutrition during infancy Growth and development, nutritional allowances for infants, breast feeding VS formula feeding , introduction of weaning foods and supplementary foods, nutrition related problems and feeding pattern .</p> <p>Nutrition during preschool period Growth and development, need and health care, food habits and nutrient intake, RDA.</p>	15	Online	 Mrs. P. Tamilarasi
Nov 2021		<p>Unit – IV Nutrition during school going period Physical development, nutrition</p>			

		Change of growth, physical, ph changes ,eating behavior, nutri nutritional problems , RDA. Nutrition for sport person – pre game and post game.			
Dec 2021	V	Unit – V Nutrition during old age Physical changes, food intake, choice of foods, nutrient needs, factors affecting nutrient requirements, nutrition related problems , RDA .	17	Power point	 Mrs. P. Tamilarasi


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LESSON PLAN
2021-2022



Class : III N&D



Semester :V

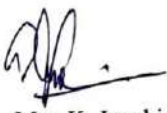
Sub. Code :17N52


Title of the Paper: Dietetics-I

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit – I Dietitian – classification, responsibilities, code of ethics, assessment of diet planning, diet counseling and nutrition education. use of computers in diet planning and counseling.	14	Online	 Mrs. K. Janaki
Sep 2021	II	Unit – II Concept of diet therapy - purpose and principles of therapeutic diets, modification of normal diets , classification of therapeutic diets. Basic concepts of oral feeding , tube feeding , parenteral nutrition and feeding problems.	14	Online	 Mrs. K. Janaki

Oct 2021	Unit - III Peptic ulcer - causes, symptoms and dietary management. III Liver diseases jaundice , hepatitis , cirrhosis- causes, symptoms and dietary management.	15	Online	 Mrs. K. Janaki
Nov 2021	Unit - IV Obesity and Underweight - causes, symptoms and dietary management. Hypertension and Atherosclerosis - causes, symptoms and dietary management. IV Diabetes mellitus - causes, symptoms ,types of diabetes, complication of diabetes , glycemic index and dietary managent	15	Online	 Mrs. K. Janaki

Dec 2021	Unit - V Kidney diseases -nephritis , nephrosis , renal calculi – calcium oxalate ,renal failure- causes, symptoms and dietary management, dialysis. Cancer – types , risk factors, symptoms, role of antioxidants in prevention of cancer and dietary management.	17	Power point	 Mrs. K. Janaki
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2021-2022



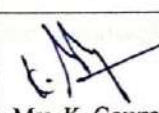
Class : III N&D

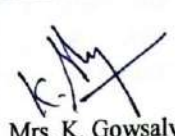

Semester :V

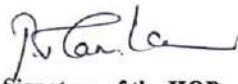
Sub. Code : 17NE5A


Title of the Paper: Catering Management

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit I Food Service -Types - Commercial and Non commercial, objectives, Styles of service-waiter service, buffet, English and French service ,menu planning, types of menu.	14	Online	 Mrs. K. Gowsalya
Sep 2021	II	Unit II Equipments in food service - Classification of equipment, factors for selection of equipments, electrical and non-electrical equipments for food storage, preparation and food serving.	14	Online	 Mrs. K. Gowsalya
Oct 2021	III	Unit III Management tools - Organization chart,job description,job specification,job analysis,time	15		 Mrs. K. Gowsalya

		&work schedule, production and service ,budget, leadership style and training, decision making and communication.		Online	
Nov 2021	IV	Unit IV Personnel Management- Recruitment-sources , procedure and policy, selection and training, labour laws.	15	Online	 Mrs. K. Gowsalya
Dec 2021	V	Unit V Cost Accounting-Cost concepts-types, fixed cost, semi fixed cost, variable cost, food cost control, records to be maintained, book keeping, book of accounts-cash book, purchase book, sales book , purchase return book, sales return book and journal.	17	Power point	 Mrs. K. Gowsalya


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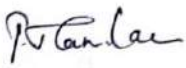

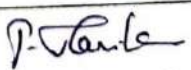
Semester :V

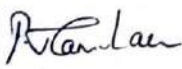

Class : III N&D*

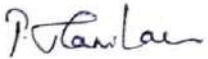
Sub. Code : 17SEN51

Title of the Paper: Hotel House Keeping

Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Aug 2021	I	Unit-I House keeping department - Introduction, layout of housekeeping department, organization, job description, training, recruitment and selection, qualities of housekeeping staff.	5	Online	 Mrs. P. Tamilarasi
Sep 2021	II	Unit-II Practices and procedures - briefing and scheduling of staff, rules on guest floor, knowledge of rooms, maids cart, cleaning a room, room report. Control desk - role of the control desk, types of registers and files maintained.	5	Online	 Mrs. P. Tamilarasi
Oct 2021	III	Unit-III Linen and uniform room - storage conditions, equipment	5		 Mrs. P. Tamilarasi

		and accessories, types of uniforms and linen, records maintained in linen room, par stocks, inventory control, exchange of linen and uniforms, housekeeping supply room.		Online	
Nov 2021	IV	Unit-IV Laundry Services - Organization of laundry department in a hotel, different types of laundry and cleaning agents , cleaning equipments. Public area – cleaning, care and storage of out of service, furniture.	8	Online	 Mrs. P. Tamilarasi
Dec 2021	V	Unit-V Current trends in Housekeeping practices – Ecotel Practices in house keeping department budgeting, lost and found procedure, cleaning methods and standards, pest control, control of odours. fire prevention .	7	Power point	 Mrs. P. Tamilarasi


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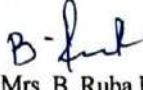

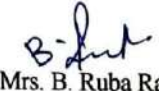
Class : I N&D

Semester :II

Sub. Code :17N21

Title of the Paper: Food Science-II

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit - I Milk: Milk - nutritional composition, types, processing - pasteurization, homogenization, standardization. Milk products - butter, ghee, cheese. Milk cookery, problems encountered in cooking milk.	14	Online	 Mrs. B. Ruba Rani
Jan 2022	II	Unit - II Flesh Foods: Egg ,Poultry, Meat and Fish- structure (meat), classification, nutritional composition, changes during cooking and tenderization.	14	Online	 Mrs. B. Ruba Rani
Feb 2022	III	Unit - III Fats and oils: Nutritional composition, rancidity – types and role of fat in cookery. Sugars: Classification, stages of sugar cookery and culinary use in cookery Beverages:	15	Online	 Mrs. B. Ruba Rani

		Definition, classification and function.			
March 2022	IV	Unit - IV Sensory Evaluation: Sensory characteristics of food, sensory tests- Difference: paired comparison, duo trio, and triangle. Rating: ranking, hedonic rating, numerical scoring.	15	Online	Mrs. B. Ruba Rani <i>B. Ruba</i>
April 2022	V	Unit - V Food Adulteration: Food Adulteration- meaning , types- intentional and incidental	17	Power point	<i>B. Ruba</i> Mrs. B. Ruba Rani

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LESSON PLAN
2021-2022



Class : I N&D

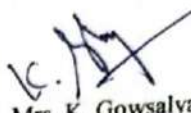
Semester :II

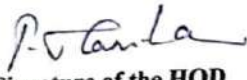
Sub. Code : 17AN2

Title of the Paper: Food Microbiology

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit - I Introduction to Micro Organism: Brief history of food microbiology, primary sources of microorganisms in foods, physical and chemical methods of destruction of micro organisms in food, extrinsic and intrinsic parameters affecting growth and survival of microb	14	Chalk & Talk	 Mrs. K. Gowsalya
Jan 2022	II	Unit - II Contamination of Food Spoilage-I: Sources, contamination and microorganisms involved in spoilage of different kinds of foods and their prevention - cereal and cereal products, vegetables and fruits.	14	Chalk & Talk	 Mrs. K. Gowsalya
	III	Unit - III Contamination of Food Spoilage-II: Sources,	15		

Feb 2022	contamination and microorganisms involved in spoilage of different kinds of foods and their prevention- fish and other sea foods, meat and meat products, egg and poultry, milk and milk products		Chalk & Talk	 Mrs. K. Gowsalya
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LESSON PLAN
2021-2022



Class : I N&D


Semester : II

Sub. Code : 17AN2

Title of the Paper: Food Microbiology

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
March 2022	IV	Unit - III Contamination of Food Spoilage-II: Sources, contamination and microorganisms involved in spoilage of different kinds of foods and their prevention- fish and other sea foods, meat and meat products, egg and poultry, milk and milk products	15	Online	 Mrs. K. Janaki
April 2022	V	Unit - IV Food Poisoning and Infection: Food poisoning and infection - meaning and difference fungal food borne diseases. Bacterial food borne diseases and prevention - salmonella, staphylococcus, clostridium, perfringens, pseudomonas	17	Power point	 Mrs. K. Janaki


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**LESSON PLAN
2021-2022**





Class : IN&D


Semester :II

Sub. Code : 17SEN21

Title of the Paper: Nutritional Assessment

Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit – I Nutritional anthropometry - Meaning, need and importance, techniques for measuring height, weight, head, chest and arm circumference.	14	Chalk & Talk	 Mrs. K. Gowsalya
Jan 2022	I	Unit – II Biochemical and Biophysical methods: Biochemical- laboratory test and test for protein energy malnutrition biophysical- functional assessment	14	Chalk & Talk	 Mrs. K. Gowsalya
Feb 2022	III	Unit – III Diet surveys - Need and importance, methods of dietary survey, food security- meaning ,definition, concept of family food security.	15	Chalk & Talk	 Mrs. K. Gowsalya
March 2022	IV	Unit – IV Clinical signs - Identifying signs of PEM, vitamin A deficiency and Iodine deficiency.	15	Chalk & Talk	 Mrs. K. Gowsalya

April 2022	V	Unit – V Vital Health Statistics-Measures of mortality and morbidity.	17	Chalk & Talk	 Mrs. K. Gowsalya
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LESSON PLAN
2021-2022


Class : I N&D



Semester :V



Sub. Code :17SEN22

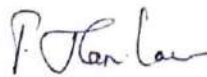
Title of the Paper: Home Food Catering

Total Hours :30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit-I Cereals and Pulses: Cereals- method of food preparation, type of cooking, ingredients required, fermentation and its benefits - recipes for parathas, purees, rice pulao, biriyani, lemon rice, dosa, idli, preparations using noodles, macroni, spaghetti, murukku. Pulses- method of food preparation , type of cooking, ingredients required, sprouting and its benefits-recipes for khatta channa, rajmah, sambar etc., vada, dhokla, khandvi, kadis and boli.	14	Online	 Mrs. K. Janaki

Jan 2022	<p>Unit-II Vegetables and Fruits: Vegetables-method of food preparation , type of cooking, quantity of ingredients required for preparation of vegetable koftas, cutlets and baked vegetable dishes. Beverages- fruit and milk based punches, juices etc. Soups- variations in soups, benefits of consuming soup Stews- vegetable and mutton. Salads and salad dressings- vegetable salads, whole meal salads, frozen salads and its benefit</p>	14	Online	 Mrs. K. Janaki
Feb 2022	<p>Unit -III Milk and Fleshy Foods: Milk and Fleshy Foods -method of food preparation ,type of cooking, ingredients used, recipes for paneer, cheese and khoa . preparations of Indian sweets: burfis, gulabjamun, sandesh, rasgulla, milk peda, yoghurt. meat, fish and poultry – type of cooking, benefits of marinating and curing, ingredients required. recipes for roasted, baked,</p>	15	Online	 Mrs. K. Janaki

		fried, curries, kababs and tandoori preparations. desserts – halwas, variations in ice cream, souffle, baked and steamed desserts, other hot and cold desserts.			
March 2022	IV	Unit- IV Cakes and Cookies: Cakes and Cookies-type of cooking, uses of ingredients required used in bakery, recipes for cakes, variations: creamed, sponge pastries, swiss rolls etc.biscuits/cookies - variations, short crust pastry, choux pastry, flaky pastry and their preparations. sandwiches – open and toasted. snacks – savoury- mathri, kachoris, samosa. sweets: ladoos, gujias, malpuras.	15	Online	 Mrs. K. Janaki
April 2022	V	Unit- V Food Preservation :Food Preservation -types of drying, freezing and canning. preparations of pickles and jams.	17	Power point	 Mrs. K. Janaki


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**LESSON PLAN
2021-2022**

Semester :IV

Class : II N&D
Sub. Code : 17NMN2
Title of the Paper: Food Preservation
Total Hours :75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit - I Food Preservation -meaning and needs, principles of preservation. Food Preservatives - meaning , types -organic and inorganic . uses of HACCP in food preservation	14	Chalk & Talk	 Mrs.P.Tamarasi
Jan 2022	II	Unit-II Preservation by use of Low Temperature - types - refrigeration, Slow, quick, dehydro freezing, effect of freezing on nutritive value. Preservation by use of High Temperature - principles, types of pasteurization, steam sterilization, canning - process, types of Spoilage in canned Foods.	14	Chalk & Talk	 Mrs. P. Tamarasi


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LESSON PLAN
2021-2022




Class : I N&D


Semester : I


Sub. Code : 17NMN2

Title of the Paper: Food Preservation

Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Feb 2022	III	UNIT-III Preservation by use of High Temperature - principles, types of pasteurization, steam sterilization, canning -types of Spoilage in canned Foods , bottling.	15	Chalk & Talk	 Mrs. B .Ruba Rani
March 2022	IV	UNIT-IV Drying and dehydration - definition, principles, types- sun drying, spray drying, mechanical dehydration. Merits and demerits, factors affecting of drying	15	Chalk & Talk	 Mrs. B .Ruba Rani
April 2022	V	UNIT-V Preserved foods Preparation of jam, jelly, squashes , Syrups, marmalades, ketchups, Problems in Jelly making, Pickle, rice vadam , and vegetable vatthal,	17	Chalk & Talk	 Mrs. B .Ruba Rani


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**LESSON PLAN
2021-2022**



Class : II N&D


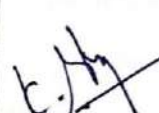
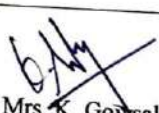
Semester :IV

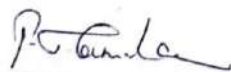
Sub. Code : 17N41

Title of the Paper: Nutritional Biochemistry

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit - I Carbohydrates Structure - glucose, fructose, galactose, maltose, lactose, sucrose, dextrin, starch and glycogen. Metabolism - glycolysis, glycogenesis, glycogenolysis, gluconeogenesis, Kreb's cycle, HMP shunt, blood sugar regulation.	14	Chalk & Talk	 Mrs. K. Gowsalya
Jan 2022	II	Unit - II Protein Proteins- structure Amino acids - structure and classification Nucleic acids -structure and biological functions. Metabolism-General pathway of aminoacid, transamination, deamination, decarboxylation, urea cycle.	14	Chalk & Talk	 Mrs. K. Gowsalya

Feb 2022	III	Unit - III Lipids Lipids- classification Fatty acids- types Metabolism - β oxidation, bio synthesis of fatty acids	15	Chalk & Talk	 Mrs. K. Gowsalya
March 2022	IV	Unit - IV Enzymes and co-enzymes Enzymes-Definition, classification, factors affecting enzyme activity. Co-enzymes -Definition, classification, some common co-enzymes	15	Chalk & Talk	 Mrs. K. Gowsalya
April 2022	V	Unit - V Hormones Biological role - pituitary, adrenal cortex and medulla, thyroid, parathyroid, pancreas.	17	Chalk & Talk	 Mrs. K. Gowsalya


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**LESSON PLAN
2021-2022**

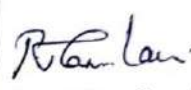
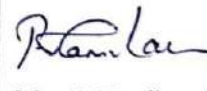
Semester :IV


Class : II N&D

Sub. Code : 17AN4

Title of the Paper: Food Preservation

Total Hours :75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit - I Food Preservation -meaning and needs, principles of preservation. Food Preservatives - meaning , types –organic and inorganic . uses of HACCP in food preservation.	14	Chalk & Talk	 Mrs.P.Tamilarasi
Jan 2022	II	Unit-II Preservation by use of Low Temperature - types – refrigeration, Slow, quick, dehydro freezing, effect of freezing on nutritive value. Preservation by use of High Temperature - principles, types of pasteurization, steam sterilization, canning – process, types of Spoilage in canned Foods.	14	Chalk & Talk	 Mrs. P. Tamilarasi


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2021-2022**


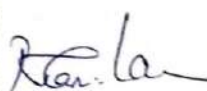
Semester : VI

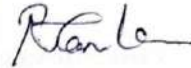
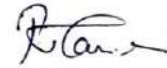

Class : III N&D


Sub. Code : 17N61


Title of the Paper: Food Processing

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit - I Food processing Introduction, types, scope, aims and principles of food processing. Cereal processing Milling – traditional and modern milling , by products of milling of wheat ,storage of processed cereal grains, extruded processing – production of pasta, noodles.	14	Chalk & Talk	 Mrs.P.Tamilarasi
Jan 2022	II	Unit - II Pulse & Legumes Processing Processing methods, quick cooking legumes, instant legume powders. Nuts and oil seeds Oilseed pressing, solvent extraction, purification, processing of oil.	14	Chalk & Talk	 Mrs. P. Tamilarasi

Feb 2022	III	Unit - III Vegetable & fruit processing Pre-processing considerations in different vegetables & Fruits , Processing – blanching, canning, pickling process, chutneys, puree , tutty fruity, Fruit concentrates and vegetable paste. Carrot, tomato and beetroot juice processing.	15	Chalk & Talk	 Mrs. P. Tamilarasi
March 2022	IV	Unit - IV Milk processing- operations, types & manufacture of milk and milk products.	15	Chalk & Talk	 Mrs. P. Tamilarasi
April 2022	V	Unit - V Fleshy foods- fish & meat – processing –smoking, dehydration, canning, preservation using class I &II preservatives , food packaging	17	Chalk & Talk	 Mrs. P. Tamilarasi


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LESSON PLAN
2021-2022



Class : III N&D




Semester :VI

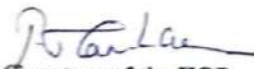
Sub. Code :17N62

Title of the Paper: Dietetics-II

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit - I Deficiency disorders - PEM , Vitamin - A , Iron, Iodine- causes, symptoms and dietary management. Lung diseases COPD - causes, symptoms and dietary management.	14	Online	 Mrs. K. Janaki
Jan 2022	II	Unit - II Febrile diseases - causes, symptoms and dietary management-Acute diseases- typhoid , influenza and malaria ,Chronic disease- tuberculosis. Gastro intestinal disorders- causes, symptoms and dietary management -diarrhoea, dysentery and constipation.	14	Online	 Mrs. K. Janaki

Feb 2022	III	Unit - III Genetic disorders -phenyl ketonuria, galactosemia , fructosuria- definition, diagnosis, symptoms and dietary treatment.	15	Online	 Mrs. K. Janaki
March 2022	IV	Unit - IV Diet in allergy - definition, classification, food allergens, symptoms, test for allergy, dietary management.	15	Online	 Mrs. K. Janaki
April 2022	V	Unit -V Burns - types , dietary management. AIDS -causes, symptoms and dietary management.	17	Power point	 Mrs. K. Janaki


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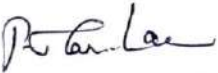
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**LESSON PLAN
2021-2022**

Semester : VI

Class : III N&D
Sub. Code : 17SEN61
Title of the Paper: Post Harvesting Technology
Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit I Introduction to post harvest technology - Definition, importance, role, principles, methods involved in post harvest technology, advantages and disadvantages	14	Chalk & Talk	 Mrs. P. Tamilarasi


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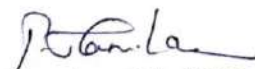
**LESSON PLAN
2021-2022**

Class : III N&D
Sub. Code : 17

Semester : VI

Title of the Paper: Post Harvesting Technology
Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Feb 2022	III	Unit III Control of spoilage agents - Importance and method of sanitary handling, physical, chemical, biological and control of pests, rats, rodents and birds. Insect & pest control methods- Physical and chemical methods.	14	Chalk & Talk	 Mrs. K. Janaki


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**LESSON PLAN
2021-2022**

Class : III N&D

Semester :VI

Sub. Code : 17NE6A

Title of the Paper: Post Harvesting Technology

Total Hours : 75 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Feb 2022	IV	Unit IV Storage of grains - Importance , requirements of storage , methods of storage units-traditional -warehouse , underground & above ground storage modern storage-cold storage unit, retention of nutrients.	15	Chalk & Talk	B. Ruba Rani 1
March 2022	V	Unit V Agencies governing Food Losses - Role of SGC, FCI, CWC, SWC, IGSI.	17	Chalk & Talk	B. Ruba Rani

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2021-2022**


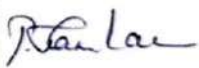
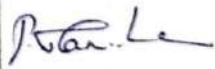
Class : III N&D

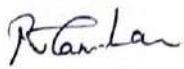
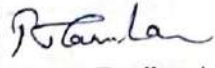
Semester : VI

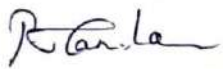
Sub. Code : 17SEN61


Title of the Paper: Front Office Management

Total Hours : 30 Hours

Month	Unit	Description of the Syllabus	Hours Allocated	Teaching Mode & Methods	Course Teacher Signature
Dec 2021	I	Unit - I Introduction to front office -qualities of front office staff, functions of front office, job specification, job description, duties of a front office person.	14	Chalk & Talk	 Mrs. P. Tamilarasi
Jan 2022	II	Unit - II Reservation - types of rooms, types of rates & plan, reservation system- types of reservation ,reservation chart ,cancellations.	14	Chalk & Talk	 Mrs. P. Tamilarasi
Feb 2022	III	Unit - III Reception -Role of the receptionist, pre-arrival ,arrival and departure of guest, VIP procedure, handling mail.	15	Chalk & Talk	 Mrs. P. Tamilarasi

March 2022	IV	Unit - IV Amenities –Assignment of room , spa, club, gim , swimming pool. list of guest supplies, complementary amenities , free wifi facilities	15	Chalk & Talk	 Mrs. P. Tamilarasi
April 2022	V	Unit - V Chek in & check out procedure & mode of payment.	17	Chalk & Talk	 Mrs. P. Tamilarasi


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