

HUMAN PHYSIOLOGY AND NUTRITION THROUGH LIFE SPAN PRACTICAL

Sem	Subject Code	Category	Lecture		Theory	Practical		Credits
III	21CNF41	Core practical II	Hrs/sem	Hrs/Per week	-----	Hrs/sem	Hrs/Per week	3
			-	-		45	3	

HUMAN PHYSIOLOGY

1. Microscopic study of tissues- epithelial, connective and muscular.
2. Estimation of hemoglobin- Sahli's Acid hematin method.
3. Determination of blood group
4. Determination of bleeding time (Duke method) and coagulation time (Capillary tube method).
5. Measurement of blood pressure (Sphygmomanometry).
6. Microscopic structure of heart, digestive system and kidney
7. Microscopic structure of reproductive organs- ovary, uterus, mammary glands and testis.
8. Microscopic structure of endocrine glands- thyroid, pituitary and adrenal.

Distribution of Marks: Practical – 40 (IA) + 60 (univ. exam) = 100 Marks

NUTRITION THROUGH LIFE SPAN

1. Introduction to meal planning
2. Use of food exchange list
3. Planning and preparation of diets and dishes for
 - A. Young adult
 - B. Pregnant and Lactating woman
 - C. Preschool child
 - D. School age child and adolescents
 - E. Elderly
4. Planning complementary foods for Infants
5. Planning and Nutritive value calculation and preparation of macro nutrient rich dishes
 - A. Carbohydrate- Starch, Fibre
 - Protein

B. Fat

6.Planning and Nutritive value calculation and preparation of micro nutrient rich dishes

A. Vitamins- Vitamin A, Vitamin C, Thiamine, Riboflavin and Niacin

B. Minerals- Calcium, Iron, Zinc, Phosphorus, potassium

Distribution of Marks: Practical – 40 (IA) + 60 (univ. exam) = 100 Marks

TEACHING METHODOLOGY

- Chalk and board teaching
- Study Assignment method
- Active learning method
- Group discussions
- PPT
- Seminars
- Other Group activity

SYLLABUS DESIGNER:

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