

## Grade XI

### FOOD AND NUTRITION (Theory)

Total Periods= 38

1 Period= 45min

S.No	Topics	Main Points	References	Periods
1	<b>Understanding The Nutritional Importance Of Food</b>	<ul style="list-style-type: none"> <li>• Food</li> <li>• Nutrition (Lesson Plan 1)</li> </ul>	1, 2, 3	1
2	<b>Definition Of Nutrition</b>	<ul style="list-style-type: none"> <li>• Definitions Of Basic Terms</li> <li>• Factors Governing Nutritional Requirements In Respect Of Age, Sex, Activity. (Lesson Plan 2)</li> </ul>	1,2,3	1
3	<b>Classification, Chemistry, Functions, Food Sources, Deficiency Disease And RDA</b>	<ul style="list-style-type: none"> <li>• Carbohydrates (Lesson Plan 3&amp; 4)</li> <li>• Protein (Lesson Plan 5, 6 &amp; 7)</li> <li>• Fats (Lesson Plan 8, 9 &amp; 10)</li> <li>• Vitamin , Introduction</li> <li>• Vitamin A (Lesson Plan 14)</li> <li>• Vitamin D (Lesson Plan 15)</li> <li>• Vitamin E &amp; K (Lesson Plan 16)</li> <li>• Water Soluble Vitamins:</li> <li>• Vitamin C (Lesson Plan 17)</li> <li>• Vitamin B1 (Lesson Plan 18)</li> <li>• Vitamin B2 &amp; Niacin (Lesson Plan 19)</li> <li>• Minerals, Definition, Classification, General Functions.</li> <li>• Calcium</li> <li>• Phosphorus (Lesson Plan 21)</li> <li>• Iron, Sodium, Potassium, Chloride, Fluoride. (Lesson Plan 22)</li> </ul>	1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3 1,2,3	2 3 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
4	<b>Classification, Chemistry, Functions, Food Sources, Deficiency Disease And RDA</b>	<ul style="list-style-type: none"> <li>• Iodine (Lesson Plan 23)</li> <li>• Water (Lesson Plan 24)</li> </ul>	1,2,3 1,2,3	1 1

5	<b>Composition And Nutritional Value</b>	<ul style="list-style-type: none"> <li>• <b>Meat:</b> Types Of Meat ( Just Their Names) Structure And Composition Of Meat</li> <li>• <b>Poultry.</b></li> <li>• <b>Offal</b> Choosing Offal.</li> <li>• <b>Fish</b> Types Of Fish</li> <li>• <b>Eggs:</b> Structure Of Egg Testing An Egg For Freshness.</li> <li>• <b>Milk:</b> Storage Of Milk And Its Following Products: Cream, Cheese And Yogurt.</li> <li>• <b>Cereals:</b> Nutritive Value Of Different Cereal Products: Chapati/Roti, Bread, Porridge, Daals.</li> <li>• <b>Vegetables And Fruits:</b> Storage Of Fruits And Vegetables</li> </ul>	1	3
6	<b>Family Meal Management</b>	<b>This Whole Unit Is In Second Year' Syllabus Thats Why It Is Omitted.</b>		
7	<b>Food Preparation</b>	<ul style="list-style-type: none"> <li>• To Be Done In Practical Classes</li> </ul>		
8	<b>Study Care And Uses Of Equipment In Food Preparation</b>	<ul style="list-style-type: none"> <li>• To Be Done In Practical Classes</li> <li>• 52 Food Fallacies</li> </ul>	2	1
9	<b>Digestion And Absorption</b>	<ul style="list-style-type: none"> <li>• Carbohydrates, Fats And Proteins (Lesson Plans 11, 12 &amp; 13)</li> </ul>	1	3
10	<b>Practical Gardening And Food Preparation</b>	<b>This Unit Is Shifted In Practical Classes</b>	-	-

**BOOKS RECOMMENDED**

- 1) Food And Nutrition By ANITA TULL
- 2) Food And Nutrition By D.N.DASTUR
- 3) Nutrition And Physical Fitness By L.JEAN.BOGART.

**Grade XI****FOOD AND NUTRITION (Practical)****Total Periods= 38****1 Period= 45min**

<b>S.No</b>	<b>Topics</b>	<b>Main Points</b>	<b>References</b>	<b>Periods</b>
1	<b>Record Food Intake And Activity For A Given Period Of Time.</b>	<ul style="list-style-type: none"><li>• To Be Designed For 20016-2017 Session</li></ul>	-	-
2	<b>Learn To Measure 100 Calorie Portion Of Food.</b>	<ul style="list-style-type: none"><li>• To Be Designed For 20016-2017 Session</li></ul>	-	-
3	<b>Estimate Number Of Servings From A Prepared Recipe</b>	<ul style="list-style-type: none"><li>• To Be Designed For 20016-2017 Session</li></ul>	-	-
4	<b>Plan A Menu Which Will Furnish The Daily Food Requirement For A Family.</b>	<ul style="list-style-type: none"><li>• To Be Designed For 20016-2017 Session</li></ul>	-	-
5	<b>Food Preparation</b> (Shifted From Unit 2.2 Of Theory Classes)	<ul style="list-style-type: none"><li>• To Prepares Recipes From Following Food Groups:</li><li>• Vegetables, Meat, Egg, Milk, Eggs And Cereals.</li></ul>	1	26(13 Weeks)
6	<b>Study Care And Uses Of Equipment In Food Preparation.</b> (Shifted From Unit 2.2 Of Theory Classes)	<ul style="list-style-type: none"><li>• To Study Uses And Care Of List Of Kitchen Equipment And Appliances. (Handouts Will Be Provided To The Students)</li></ul>		

7	<b>Practical Gardening And Food Preparation</b> (Shifted From Unit 5 Of Theory Classes)	1) Value Planning For And Producing Food At Home-Nutritional And Educational. 2) Soil Preparation And Management Of The Garden. 3) Selecting Vegetables, Fruits And Flowers Suited To The Area Selected For Gardening. 4) Protecting Vegetables, Fruits And Flowers From Pests, Heat, And Excessive Rain. 5) Care And Use Of Fresh, Home Production Food.		
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### BOOKS RECOMMENDED

- 1) Food And Nutrition Laboratory Manual By Mrs Sayeeda Baquer Khan.
- 2) [Http://Mealime.Com/Kitchen-Essentials-List/#Appliances](http://Mealime.Com/Kitchen-Essentials-List/#Appliances)

### Marking Scheme FOOD AND NUTRITION

EXAM	Total Marks	Mcqs & Short Answers	Detailed Answers
Theory	50	35	15
Practical	15	Distribution Given Below	
Class Work	10	Distribution Given Below	

### Theory: 75 Marks

Section A (Mcqs): 10 Marks

Section B (Short-Answers Questions): 25 Marks

Section C (Detailed-Answers Questions): 15 Marks

### Practical Marks= 15

Product	Viva	Service	Total
07	05	03	15

**Class Work Marks= 10**

<b>Class Work</b>	<b>Total Marks</b>	<b>Sub Division Of Marks</b>
Test	02	4 Questions (0.5 M / Question)
Manual	02	
Kitchen Gardening	02	1m= Assignment, 1m = On Showing Grown Plant
Cooking Kit	01	0.5 M Each To Hairnet+ Tray Cover, Pot Holders +Lab Coat.
Attendance	03	85% And Above= 3 84% - 75% = 2 74%- 65% = 1 64% - 30%= 0.5 30 And Less =0