

Paper Code: 4135

M.A. PREVIOUS HOME SCIENCE

Practical – I

HUMAN NUTRITION

Distribution of Marks

Duration: 3 Hrs.

M. M. 50

1.	Sessionals and File	10 + 10
2.	Menu Planning	10
3.	Preparation of two dishes	10
4.	Display	5
5.	Viva	5
	Total	50

Note: There will be one hour for menu planning and 2 hours for cooking.

1. Planning and preparation of dishes rich in Energy, Protein, Fibre, Calcium, Iron, Vitamin-c, and Vitamin A.
2. Planning and preparation of bland diet recipes.
3. Planning and preparation of low calorie recipes.
4. Planning and preparation of diets for patients with common disorders – Diabetes, over-weight, liver.
5. Planning and preparation of diets for the elderly in health.
6. Preparation of nutritious snacks for children in energy and protein.
7. Assessment of nutritional status.