**LESSON-PLAN (Session 2024-25) Even Semester**

**Name of Professor: Dr. Shreshtha Muraal Class: B.A. 2nd Sem.**

**Subject: Home Science Paper: Nutrition Science**

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| **Sr. No.** | **Days**  | **Topics to be covered** |
|  | **08-02-2025 to 20-02-2025** | 1. **Definition of Nutrition, Nutrients, Recommended Dietary Allowance, Balanced Diet, Health, Reference Man & Reference Women.**
2. **BMR- Definition and Factor Affecting BMR.**
 |
|  | **21-02-2025 to 28-02-2025** | 1. **Water: Functions and Sources of water**
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|  | **01-03-2025 to 08-03-2025** | 1. **Carbohydrates: Classification, functions, sources & requirement, effects of deficiency and excess.**
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|  | **09-03-2025 to 16-03-2025** | **Holi Break** |
|  | **17-03-2025 to 31-03-2025** | 1. **Protein: Classification , functions, sources and requirement**
2. **Fibre: Types, functions, sources and requirement and health problems associated with excess and deficiency of fiber.**
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|  | **01-04-2025 to 10-04-2025** | 1. **Fats/Lipids: Classification, functions, sources and requirements and health problems associated with excess and deficiency of lipids.**
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|  | **11-04-2025 to 20-04-2025** | 1. **Vitamins : Definition and classification of vitamins, difference between fat soluble and water soluble vitamins.**
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|  | **21-04-2025 to 30-04-2025** | 1. **Water- Soluble Vitamins- B & C -Functions, sources & requirement, effects of deficiency and excess.**
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|  | **01-05-2025 to 10-05-2025** | 1. **Fat- Soluble Vitamins- A,D,E,K -Functions, sources & requirement, effects of deficiency and excess.**
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|  | **11-05-2025 to 20-05-2025** | 1. **Definition and Classification of Macro Minerals- Functions, sources & requirement, effects of deficiency and excess.**
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|  | **21-05-2025 to 28-05-2025** | 1. **Definition and Classification of Micro Minerals- Functions, sources & requirement, effects of deficiency and excess.**
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|  | **29-04-2025 to 31-05-2025** | 1. **Revision**
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\*Vacation as per university calendar

\*Assignments and unit test will be taken as per schedule.