Class XI
Basic Nutrition (BANU)
Semester I

SL NO	TOPIC	NO OF PERIODS	MARKS (MCQ)
1.	Basic concepts on Food,Nutrition and Health. Classification of Foodin the maintenance of good health.	2	1
2.	Carbohydrates- definition, classification, sources,daily requirements and functions . Basic concepts (glucose, fructose. galactose), Diglycerides (lactose, maltose, sucrose), Polysaccharides (starch, dextrin and cellulose). Deficiency and excess intake of carbohydrates.	8	4
3.	Proteins-definition,classification,sources,daily requirements and function. Amino acids-definition, classification and functions. Concepts of Nutritive value of proteins. Difference between animal protein and vegetable protein.Assessment of protein quality(PER & BV). Deficiency and excess intake of proteins.	8	4
4.	Lipids-definition,classification,sources, daily requirements and functions. Fatty acids- definition, classification and functions.	6	3
5.	Fibers-Classification,sources and functions	4	2
6	Digestion and absorption of carbohydrates, proteins and fats	16	6
TOTAL		44	20

Class XI
Semester II

SL NO	TOPIC	NO OF PERIODS	MARKS
1	Vitamins-definition, classification, sources, daily requirements, functions, deficiency and excess of fat soluble vitamins (A,D,E,K) and water soluble vitamins (B-Complex, C).	18	9
2	Minerals-sources,daily requirements ,deficiency, excess and physiological role of Ca, Fe, P, Iodine, Zn, Na, K, Fluorine	16	8
3	Water- daily requirements, functions and water balance.	8	3
4	Cookery and kitchen sanitation: Methods of cooking and their effects of nutritive value of foods. Measures for the prevention and loss of nutrients. Ideal Kitchen.	8	3
5	General ideas of food groups & their nutritional significance. Food Pyramid. Nutritive values of cereals, pulses ,roots & tubers, leafy vegetables ,other vegetables, fruits, meat, fish, poultry, fats & oils and sugar &jiggery	14	7
TOTAL		64	30

Basic Nutrition Lab.

Sl no	TOPIC	NO OF PERIOD	MARKS
1.	Estimation of different foods stuffs-Eye estimation, Household measurement& Actual weighing method	14	05
2.	Preparation of food items by different cooking methods and from different food groups.	80	20
3.	Identification of carbohydrates,proteins and fats.	50	15
4.	Laboratory Note book		5
5.	Viva-Voca		5
TOTAL		144	50

Reference Books

1) Khadda –o-pusti :SunitiGhoshChatterjee(Pub:Calcutta Book House)

2) PustiBigyan :Sahu&Sahu (ChhayaPrakashani)

3) PustiBigyan :KumkumPurkait (NababharatiPrakashini)

4) PustiBigyan :Santra(Santra Publication)