

## **Mapping of Level of Learning Outcomes and Content in**

### **Final Semester-end Examination**

#### **M.Sc. (Nutrition and Health Communication)**

23103: Human Nutrition (100 marks, 4 credits)

**Course Objectives:** To develop expertise in:

- i) The identification and evaluation of the nature of and value of messages in nutrition and health issues
- ii) Production of popular media material in the area of nutrition and health.
- iii) Identification of the information needs of people in area of nutrition and health

#### **Module 1: Nutrition and its relation to health**

**Credit 1**

**LOs:** Learners will be able to

**1.1** Identify food sources

**1.2** Understand the principles of food science and discuss the relation between Food Science and Nutrition

#### **Module 2: Basic five food groups, dietary guidelines and food pyramid**

**Credit 1**

**LOs:** Learners will be able to

**2.1** Know nutritional aspects of foods and their functions

**2.2.** Identify food sources

**2.3** Understand the principles of food science and discuss the relation between Food Science and Nutrition

**2.4** Understand the physiological changes during growth, development and ageing and their effect on nutritional needs

#### **Module 3: Macronutrients**

**Credit 1**

**LOs:** Learners will be able to

**3.1** Gain knowledge on various macro nutrients their functions and role in human nutrition

#### **Module 4: Micronutrients**

**Credit 1**

**LO:** Learners will be able to

**4.1** Gain knowledge on various micro nutrients their functions and role in human nutrition.

Day & Date	Semester	Subject Name	Time	Code	Max. Marks
	I	Human Nutrition		23103	50

		LO and Level as per RBT	
	Module		Marks
1. Define “Biological Value” of a Protein. Explain about Essential and Non-Essential Amino acids. Name any 3 Essential and Non-Essential amino acids.	3		6
2. Explain the Functions of Proteins	3		6
3. Explain the Biological and Social Determinants of Food choice.	1		6
4. Functions of Vitamin C	4		6
5. Define Supplementary Foods. What points should be kept in mind while introducing supplementary foods to children? State any two examples of Supplementary foods.	2		6
6. Define Menu Planning. State any five aims of Menu Planning.	2		6
7. Explain the role of Vitamin E as an Antioxidant in the body	4		4
8. List the Functions of Water	3		5
9. Explain the different forms of Vitamin D deficiency	4		5
10. Highlight the Nutritional requirements during Old age	2		5
11. Explain about the Nutritional disorders during the period of Adolescence	2		5
12. List the functions of Cholesterol	3		4
13. Explain the functions of Iodine	4		4
14. What are Disaccharides? Explain the disaccharides of Importance in the daily diet	3		4
15. “Nutrition is a cornerstone for Good Health”. Explain the relationship between Nutrition and Health.	1		6

### Internal Assessment Plan

Assignment	Module No.	LO and Level as per RBT	Marks

Packed Lunch and Nutritional Composition	2		20
Diagrammatic representation of nutrition and its relation to health	1		10
Functions of Macronutrients (Presentations)	3		15
Functions of Micronutrients (Presentation)	4		15