

BASIC BAKERY SCIENCE PRACTICAL

Sub Code: HBFS18L01

L	T	P	C
0	0	3	1

Total no. of Hours: 50

Unit – I

Introduction & scope of Bakery & Patisserie - Organisation of Bakery department - Bakery terms - Structure of wheat grain - Milling of wheat and role of bran and germ - Flours: Constituents of flours, water absorption power of flour, gluten, grades of flour - Raw material required for bread making - Role of flour, water, yeast, salt sugar, milk and fats - Types of yeast - Bread making process - Characteristics of good bread - Bread faults and their remedies - Bread improvers and their role - Knowledge of oven and baking temperatures - Bakery layout.

Basic Breads white bread, brown bread, whole wheat bread, French baguette, garlic bread, bread sticks, masala bread, pizza base, raisin bread.

Bread rolls: soft rolls,

Buns: Fruit Buns; Chelsea buns

Rich doughs: Brioche, dough nuts, Danish; pastry; croissants; fruit savarin

Unit – II

Cake making ingredients – Flour, Sugar, Shortening and egg - Moistening agents - Fats and oil - Leavening agents and their role - Cake making methods - Characteristics of goods cakes - Cake faults and their remedies

Cakes & Gateaux: cakes by different methods (e.g., sponge cake; madeira cake; genoise; faultless sponge; rich cake; fruit cake, madeleine cake, cup – cakes) Birthday cake; cheese cakes; black forest; gateaux; apple strudel.

Pastry: pineapple pastry, chocolate pastry

Unit – III

Principles of pastry making - Types of Pastries, method of preparation and their derivatives - Types of basic icings - Preparation of basic cookies and biscuits - Types



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of cookies – Uses of cookies – Common faults in cookie preparation - Knowledge of basic desserts.

Biscuits & Cookies: Plain biscuits; piping biscuits; cherry knobs; langue-de-chats; (cats tongue) salted biscuits; nut biscuits; coconut biscuits; melting moment; macaroons; tricolour; chocolate biscuits; marble biscuits; nan-khatai; short bread biscuits. Ginger biscuits; cheese biscuits; cream-fingers

Icing:basic cream icing, butter icing; ganache, Royal icing; meringue; marzipan; glace icing

Unit – IV

Introduction to pastes – Short crust paste preparation – Sweet paste preparation – Choux paste preparation – Puff pastry preparation – Basic faults in puff pastry preparation - history of chocolates – Process of making a chocolate – Types of chocolates – Tempering chocolates – Equipment's used in chocolate making.

Short crust pastry:lemon curd tart; jam tart.

Flaky/Puff pastry:khara biscuits; veg patties; chicken patties; mutton patties; cheese straws; pastry cases; mille feuille gateaux; apple flan; cream horns

Choux pastry:chocolate éclair; profitroll suchard; cream buns

Unit – V

Ice cream and frozen desserts – Equipment's used in frozen desserts

Basic Desserts:ginger pudding; cold lemon soufflé; chocolate mousse; charlottes royale; soufflé praline; fruit truffle, caramel custard, bread pudding

Reference books:

1. Food Production Operations –ParvinderS.Bali
2. Quantity Food Production Operation - ParvinderS.Bali
3. International Cuisine & Food Production Management –Parvinder S. Bali
4. The Essential Culinary Guide – Chef Soundararajan
5. Theory of Catering – Kinton& Cesarani
6. Practical Professional cookery – H.O. Cracknel & R.J. Kavfmann
7. The Professional Pastry Chef – Bo Freberg
8. Modern Cookery for Teaching and Trade – Thangam Philip

9. Theory of Cooking – Krishna Arora

PERSONALITY DEVELOPMENT PRACTICAL – I

Sub Code: HBMG18FL1

**Total no.
of Hours: 50**

OBJECTIVES:

- Handling Transition from school to college – Necessary adaptation to be done in their attitude and behavior
- Developing Self motivation / self respect, self esteem, Self discipline, Social discipline
- Orientation to developing and maintaining holistic health
- Exposing students to study methodologies and study skills
- Understanding the Value of the course and its realistic prospectus
- Career mapping in the hospitality industry
- Morality development

Unit – I

DEVELOPING SOCIAL DISCIPLINE

The need to respect others, developing empathetic understanding, respecting and demonstrating your thankfulness to your parents / teachers and institutions, Breaking the communication barriers, Seeking support, understanding relationships, developing genuine and trust worthy relationships, handling infatuation, managing risk taking / self destructive behaviors, significance of team work, understanding the social and spiritual values.

Unit – II

SCOPE AND CAREER MAPPING

Prospectus in the hotel, tourism and affiliated industry, prospectus for entrepreneurship, understanding the career map (entry level to zenith), basics of equipping self for a career, opportunities and threats in various ancillaries of hotel industry, value of smart work and consistent efforts.

Unit – III

DEVELOPING SELF CONFIDENCE SELF MOTIVATION AND SELF ESTEEM

Understanding oneself by introspection, honoring the self, understanding individuality, breaking free from the self imposed barriers, negative belief systems and self-limiting thinking, Methods of self appraisal, identifying a role model, developing passion, planning, goal setting, developing focus, setting deadlines, time management, study skills, learning from mistakes, Developing self acceptance, self control, self responsibility, living authentically and consciously, working towards self actualization. Understanding the primary concepts of holistic health the physical psychological social and spiritual health. Learning the methods of developing and maintaining holistic health.

Unit – IV

Personality definition and a clear understanding, Theories of personality, Personality development, Self concept (SWOT analysis), Developing self respect, self discipline, self confidence and self esteem

Unit – V

Developing emotional intelligence, Problem solving (creative, analytical, lateral thinking, 8Dmodel), Decision making, Crisis intervention and contingency management, Goal setting, systematic planning and execution

Reference Books:

- Human Behavior at work By: Keith Davis
- I'm OK, You're OK by Thomas A Harris
- Pleasure of your company By:-Ranjana Salgaocar
- How to get the Job you want By: Arun Agarwal
- Get that Job ,Rohit Anand & Sanjeev Bikhanchandani,Harper Collins

COMMUNICATIVE FRENCH PRACTICAL – I
INTRODUCTION TO FRANCE AND THE FRENCH LANGUAGE

L	T	P	C
0	0	2	1

Sub Code: HBFR18FL1

Total no. of Hours: 50

Unit – I

Communicative Objectives	:	Objectifs communicatifs
- Identifying the French language		- Identifier la langue française
- How to greet each other and to take leave		- se saluer, prendre congé
- Self Introduction		- se Présenter
Linguistic tools	:	Outils linguistiques
- French script		- L' écriture française
- Alphabet		- L'Alphabet
- Accents & Punctuations		- Les Accents et les Ponctuations

Unit – II

Communicative Objectives	:	Objectifs communicatifs
- Learning how to ask questions		- le savoir-faire du début
- Numbers		- Les Nombres
- Time		- L'Heure
Linguistic tools	:	Outils linguistiques
- 8 everyday questions & answers		- 8 questions & les réponses
- Intonation		- Rythme

Unit – III

Communicative Objectives	:	Objectifs communicatifs
- Discover & locate France		- La France
- France in the world		- La France dans le Monde
- GMT & France		- Le décalage horaire
- To know about Francophony		- Connaître la francophonie
Linguistic tools	:	Outils linguistiques
- Identifying frontiers & learning With maps in French		- comprendre les frontières

Unit – IV

- | | | |
|---|---|--|
| Communicative Objectives | : | Objectifs communicatifs |
| - Finding the place of France in the European Union | | - L'Union Européenne et La France |
| - Learning the frontiers with maps | | - Les cartes de l'Europe |
| - Knowing the civil life of France | | - Connaître la vie civile de la France |

- | | | |
|---|---------------------------------------|-----------------------------|
| Linguistic tools | : | Outils linguistiques |
| - symbols of France | - les symboles français | |
| - the outline of the Republic of France | - les grandes lignes de la République | |

Unit -V

- | | | |
|---------------------------------|---|--------------------------------|
| Communicative Objectives | : | Objectifs communicatifs |
| - Sounds of the French Language | | - les sons français |
| - Reading practice | | - la pratique de lecture |

- | | | |
|---|--------------------------------------|--|
| Linguistic tools | : | Outils linguistiques |
| - consonants, vowels, semi-vowels, nasals | | - consonnes, voyelles, semi-voyelles, voyelles nasales |
| - syllabic division | | - division en syllabes |
| - Francophone countries through map reading | - les pays Francophones par la carte | |
| - Poems - 4, drama parts -4 & songs -4 | - poèmes, pièces et chansons | |

Référence Books :

- Dr. M. Chandrika V. Unni & Ms Meena Mathews :
- Parlez-vous français? Partie 1.

MARKING SCHEME FOR PRACTICAL EXAMINATION

Duration	03:00hrs
1. Uniform & Grooming	10
2. Courtesy & Manners	10
3. Speech and Communication	20
4. Technical Knowledge	30
5. Practical Situation Handling	20
6. Journal	10

	100 Marks

Note:

1. Speech Communication Courtesy and Manners should be observed throughout.
2. 50 technical questions to be prepared in advance, covering the entire syllabus. Practical situations – at least 10 situations be made representing all aspects of the syllabus.

PERSONALITY DEVELOPMENT PRACTICAL II

Sub Code: HBMG18FL2

**Total no.
of Hours: 50**

OBJECTIVES:

- Handling Transition from school to college – Necessary adaptation to be done in their attitude and behavior
- Orientation to developing and maintaining holistic health
- Exposing students to study methodologies and study skills
- Understanding the Value of the course and its realistic prospectus
- Morality development

Unit- I 10 hours

Communication skills (verbal, non-verbal, body language), Art of effective conversation, Art of listening, Email & telephone communication etiquettes, Dressing, Grooming, Personal hygiene, Social etiquettes

Unit -II 10 hours

Time management, Kaizen's VAT and NVAT, overcoming procrastination and excuse making, Relationship management, Developing workable relationship with superiors, subordinates, customers

Unit -III 10 hours

Basic concepts of recruitment and selection, Selection procedures, Types of interviews, preparing for an interview, writing resume, obtaining knowledge of company profiles, updating current affairs and preparing possible questions
Attending interviews, Effective participation in GD, Facing interview panel, Time keeping, Basic etiquettes , Self introduction, Panel addressing, Mental frame work during interviews, Manifesting clarity of thoughts and expression.

Unit -IV**10****hours**

Understanding office dynamics and managing office politics, developing leadership skills, Team building, Team management, Enhancing inter & intra team coordination, Motivating the team, Assertiveness.

Mindfulness as a method manifesting efficiency, use of here and now techniques for effective functioning, Stress management

Unit -V**10****hours**

Presentation skills, Seminar taking skills, Public speaking skills, Extempore speaking, Conducting /participating in meeting, Objective agenda orientation, Clarity of thought and expression, conduct during meeting, Making minutes

DIET IN HEALTH PRACTICAL**Sub Code:** HBFS18L04

L	T	P	C
0	0	4	2

Total no. of Hours: 50

Planning diets to meet the nutritional requirement for the following conditions:

1. Infancy (Collection of weaning recipes)
2. Pregnancy
3. Lactation
4. Preschool age
5. School Age
6. Adolescents
7. Adult
8. Old Age

COMMUNICATIVE FRENCH PRACTICALS II

Sub Code: HBFR18FL2

L	T	P	C
0	0	4	2

Total no. of Hours: 50

OBJECTIVES :

- To help the students acquire reading and speaking skills
- To help the students comprehend situations in French in a French context.

Unit .1 SOPHIE, C'EST MOI.

COMPÉTENCES COMMUNICATIVES (a)

COMMUNICATION :

Se saluer, Prendre congé, se présenter , Présenter quelqu'un/
quelque chose

COMPÉTENCES COMMUNICATIVES (b)

LECTURE/PHONOLOGIQUE :

Poème –La Clef, Le son 'a » (ah) , Exercices de répétition , Lecture
guidée – Les quartiers français

COMPÉTENCES LINGUISTIQUES (a)

LEXIQUE Salutations, Présentatifs, Détails d'identité, Professions
, Quartiers

COMPÉTENCES LINGUISTIQUES (b)

GRAMMAIRE Les genres, Les nombres, Les articles, Les présentatifs , Quelques professions, Pluriel des noms – réguliers et irréguliers, C'est /il est, Pronoms toniques

ÉLÉMENTS CULTURELS

Comportements de salutations, les quartiers, Salutations françaises, Le Peintre Monet

UNIT. 2 COLETTE, C'EST MON AMIE **COMPÉTENCES COMMUNICATIVES (a)**

COMMUNICATION

Vie d'étudiant , Décrire la vie d'étudiant , Exprimer les liens familiaux , parler de l'appartenance , Parler des habitudes

COMPÉTENCES COMMUNICATIVES (b)

LECTURE/PHONOLOGIQUE

Paul Eluard - Les mots qui font vivre, Le son « eu » , Des énoncés à répéter , Lecture guidée, Prononciation de la conjugaison

COMPÉTENCES LINGUISTIQUES (a)

LEXIQUE

La famille , S'exprimer la fréquence , Des habitudes

COMPÉTENCES LINGUISTIQUES (b)

GRAMMAIRE

Articles contractés , Le présent de l'indicatif des verbes à terminaison-er, Mots d'enchaînement, Verbes à changements orthographiques, Verbes pronominaux , Pronoms toniques, Adjectifs possessifs, Adjectifs qualificatifs, Locutions avec « avoir »

ÉLÉMENTS CULTURELS

Le Centre Beaubourg, L'agenda , Les cours universitaires

UNIT . 3 HAY LIN, C'EST UNE JOLIE FILLE CHINOISE **COMPÉTENCES COMMUNICATIVES (a)**

COMMUNICATION

Parler des voyages, Identifier les vêtements, Caractériser des personnes, Faire des exclamations , S'informer sur la vie d'étudiant français

COMPÉTENCES COMMUNICATIVES (b)

LECTURE/PHONOLOGIQUE

Théophile Gautier -Le Printemps Le son « ee », Décrire des personnes,
Prononcer le nom des pays et des nationalités,
Appréciation/exclamation

COMPÉTENCES LINGUISTIQUES (a)

LEXIQUE

Transports et voyage, Les pays , nationalité, Les vêtements /mode ,
Les parties du corps

COMPÉTENCES LINGUISTIQUES (b)

GRAMMAIRE

Adjectifs de nationalité , Prépositions de lieu ,Verbes aller-, venir,
Adjectifs qualificatifs m /f. Féminin des adjectifs réguliers, irréguliers,
Conjugaison au présent des verbes à la terminaison –ir

ÉLÉMENTS CULTURELS

L'Aéroport de Roissy, A la douane, Les vêtements , La Mode
à Paris, Quelques professions, Le sport et la santé, La Joconde, La
BD

UNIT . 4 LA TOUR D'ARGENT, C'EST UN RESTO SYMPA !

COMPÉTENCES COMMUNICATIVES (a)

COMMUNICATION

Communication au restaurant ,Comment parler des recettes, Parler des
goûts et des préférences

Identifier les types de restaurants, Comment monter un petit restaurant

COMPÉTENCES COMMUNICATIVES (b)

LECTURE/PHONOLOGIQUE

Madeline Ley – « Odelette » Le son « o » Répétition des énoncés
simples

comme questions et répliques , Identification des sons nasaux, Les
Exercices de répétition

COMPÉTENCES LINGUISTIQUES (a)

LEXIQUE Les repas français, Recette, Types de restaurants
français, La nourriture et l'alimentation, Des goûts, Activités sportives

COMPÉTENCES LINGUISTIQUES (b)

GRAMMAIRE

Quelques verbes irréguliers, Les prépositions « de » et « à » Adjectifs
démonstratifs , Types de phrases, Conjugaison en français, l'impératif,
Les articles partitifs Exprimer l'obligation , Interrogation ,Oui et si
,Exclamation et des activités graduées

ÉLÉMENTS CULTURELS

les repas français , La restauration parisienne

UNIT.5 NICE, C'EST UN LIEU SUPER CHIC ! COMPÉTENCES COMMUNICATIVES (a)

COMMUNICATION

Planifier des vacances, Parler des concours, Parler du tourisme,
Parler du sport,
Parler du temps qu'il fait, S'exprimer au comparatif et au superlatif

COMPÉTENCES COMMUNICATIVES (b) LECTURE/PHONOLOGIQUE

Coucou Hibou, Le son « yu » Des énoncés à répéter Lire le nom de quelques villes

COMPÉTENCES LINGUISTIQUES (a) LEXIQUE

Activités de vacances , Mots de localisation, Lire le plan de Paris, Le climat et l'écologie , Concours international, Les saisons

COMPÉTENCES LINGUISTIQUES (b) GRAMMAIRE

Adjectifs de couleur, Nombres ordinaux , Conjugaison de quelques verbes irréguliers, 3 temps autour du présent « De » et « à » et des verbes, Les différentes formes du négatif, « il fait » , Le comparatif et le superlatif absolu

ÉLÉMENTS CULTURELS

Auberges de jeunesse, Les vacances , Plan de Paris et les arrondissements,
Quelques monuments parisiens, un concours international, Tourisme fluvial français

Reference Books :

- Unni Chandrika and Mathews Meena : (2018) : Parlez-vous français – 1^{er} Global Publications, Chennai.
- Catherine Dollez, Sylvie Pons : (2014) Alter Ego 1 Hachette, Paris
- CLE INTERNATIONAL Lectures Cle en français facile. (2012) Hachette Paris

INTERNSHIP (FOOD INDUSTRY)

Sub Code: HBFS18L05

L	T	P	C
0	1	3	2

Total no. of Hours: 50

An internship program for not less than 14 days at various food and allied industries (industrial/transport/airline/commercial).

THERAPEUTIC NUTRITION PRACTICAL

Sub Code: HBFS18L06

Total no. of Hours: 50

Unit-I

Deficiency Diseases

Plan and prepare diets for Deficiency Conditions.

- a. Iron deficiency anemia

- b. Kwashiorkor
- c. Night Blindness

Unit -II

Therapeutic Diets

Plan and prepare Diets for Disease Conditions

- a. Routine hospital diets
- b. Obesity
- c. Underweight
- d. Diabetes mellitus
- e. Typhoid
- f. Tuberculosis
- g. Peptic ulcer
- h. Constipation
- i. Cirrhosis
- j. Acute glomerulo nephritis
- k. Renal calculi
- l. Hypertension.
- m. Atherosclerosis

FUNDAMENTALS OF COMPUTER PRACTICAL

Sub Code: HBFS18L07

L	T	P	C
0	0	4	2

Total no. of Hours: 50

Unit – I

10 Hours

Windows 8 - Operating System

Introduction to computer - Peripheral Devices: Input and Output Devices, Central processing Unit, Operating System - At a glance, Features of Windows Operating System, Different versions of Windows – Windows 8 - an Operating System at a glance.

The Desktop, The Taskbar and Other Desktop Components, Control Panel - usage and features - Adding, Removing Programs, Adding, Deleting Fonts, Customize your Desktop display, Mouse, Printer Settings

Managing Files (with Windows Explorer or My Computer) - Creating, Opening, Deleting, Copying, Moving, Searching for Files and Folders, Formatting a disk, Creating Shortcuts

Using Windows Accessories - Calculator, Notepad, WordPad, and Paint.

Unit – II

10 Hours

Microsoft word 2010

Create a New word document, Using Office Button to Open, Save, Print a word document, Editing a Document - Select, Cut, Copy, Paste, Find & Replace, Formatting a Document using Font Setting, Paragraph Alignment, and Styles.

Different types of Pages & Tables, Picture, Clip Art, Smart art & Chart, Creating Header & Footer, Word Art & Symbols, Text Box, Date & Time, and Objects in a word document.

Changing the themes, Orientation, Page Setup - Margins, Size, Columns, Number, Page Background - Watermark, Page color, Page Border

Different types of document Views - Print Layout, web Layout, Showing, Hiding and Zoom a document, Viewing different types Windows - New Window, Arrange All, Split, View side by side, Creating a Macro

Unit – III

10 Hours

Microsoft Excel 2010

An Introduction – Spreadsheet, Getting acquainted with Ms-Excel, Understanding the Excel Screen format

Workbook - Create, Save, Open ,Print, Close, Switching between Sheets, Entering and Editing Data, Using Formulas, Sort & Filter, Macro.

Worksheet - Inserting, Deleting, Renaming, Creating Headers, Footers and Setting Page Numbers, Cutting, copying, moving and pasting cells – Different methods, Inserting and deleting Cells, Rows and Columns, Hide, Unhide Rows, Columns Formatting - Format Cells Dialog Box

Inserting Tables, Text, Date & Time, Formula Auditing, Calculation, Picture, Clip Art, Smart art, Chart, link.

Unit IV

10 Hours

Microsoft PowerPoint 2010

Why Pictorial Presentation - Getting Into Power Point-Creating, Opening and Saving Presentations

Types of Views- Normal Slides, Outline, Slide Sort, Note Page, Slide show, Handout Master, Notes Master,

Making a New Slide -Move, Copy or Duplicate Slides-Delete a Slide, One Presentation to another- Go to Specific Slide-Change the Layout of a Slide-Zoom In or out of Slide,

Working with Text in Power Point-Cutting Text, Copying and Pasting-Formatting Text, Embossing-Alignment the Text-Left, Center, Right and Justify- Inserting Clipart Picture, Photo album, Shapes, Smart Art, Chart, Table, Media Clips – Movie, Sound in Presentation, Inserting Slide Number, Date & Time, Header & Footer

Custom Animation of Presentation- Transition to this Slide - Transition Scheme, Advance Slide, Arranging, Previewing & Rehearsing-Creating Animated Slides-Manually Advancing Slides-Adding and Removing Transitions, Running a Presentation Continuously-Printing the Presentation Elements

Unit – V

10 Hours

INTERNET – The basics

Basics of Networking -Introduction to Internet, The features of the Internet, Connecting to Internet & Microsoft Outlook, Surfing the net using Browser, Google drive, Google docs, creating an E-mail Account, Receiving and sending E-mail.

References:

1. Using Windows 8 – Kevin Wilson
2. Windows 8 step by step – Ciprian Adrian Rusen
3. Microsoft Office Professional 2010 step by step – Joan Lambert
4. Learning Microsoft Office 2010 – Ramesh Bangia
5. The Internet , The Basics – Jason Whittaker
6. Rajkamal, Internet and web Technologies, Tata McGraw Hill

SPORTS NUTRITION

Sub Code: HBFS18014

L	T	P	C
4	1	0	5

Total no. of Hours: 50

OBJECTIVES:

- Understand the components of health and fitness and the role of nutrition in these.
- Enable students to make nutritional, dietary and physical activity recommendations to achieve fitness and well-being.
- Develop ability to evaluate fitness and well-being.
- Understand physiological changes and nutritional requirements during sports events.
- Knowledge of human body composition pattern and prescribe ways to regulate body composition level required for various sports performance.
- Formulate and apply appropriate strategies for the measurement and monitoring of the nutritional status of athletes.

Unit-- I

10 Hours

Sports physiology

Introduction to physical fitness and its objectives. Role of nutrition in stress, fracture and injury.

Unit-II

10 Hours

Body Composition and Weight Management in Sports

Body build, size and body composition, levels of body composition, methods to measure body composition (Underwater Weighing, Air Displacement Plethysmography, DEXA(Dual Energy X-ray Absorptiometry), Bioelectrical Impedance, Skinfold Assessment), effective weight loss, Weight gain.

Unit-III

10 Hours

Exercise Performance and Nutrition

Energy expenditure during physical activity, Carbohydrates and performance, Fat metabolism and performance , Effect of exercise on protein requirements, Vitamins and Minerals , Fluid and electrolyte loss and replacement in exercise.

Unit-IV

10 Hours

Nutrition in Sports

Nutritional requirements in Sports events-Team, Power and Endurance events, Pre-game and Post game regime .Carbohydrate loading, Water and electrolyte balance.

Unit-V**10 Hours****Nutritional Ergogenics**

Ergogenic aids and Supplements-Types, Potential and concerns. Measures of performance and physical fitness - work capacity, measures of performance and physical fitness.

L	T	P	C
0	0	0	3

Reference Books:

- Bamji S.M., Rao NP and Reddy V(1998).Text book of Human Nutrition. Oxford and IBH Publishing C. New Delhi.
- Fink H.H., Mikesky E.A and Burgoon A.L.(2012).Practical Applications in Sports Nutrition.3 rd ed.Jones and Barlett Learning.USA.
- Gibney J.M. Macdonald A.I and Roche M.H(2003).Nutrition and Metabolism. Blackwell Publishing. Maurice B Shils, Moshe Shike.A, Catherine Ross, Benjamin Cabellero, Robert J Cousins. 2006.Modern Nutrition in Health and Disease edited by Lippincott Williams and Wilkins .
- Melvin Williams. 2007. Nutrition for Health, Fitness and Sport, eighth edition, by McGraw-Hill.
- Cherie Moore .2004.Practical Nutrition for a Fit Life, by, Kendall-Hunt Publishers
- WHO.1995.Physical Status:The Use and interpretation of Anthropometry.Report of a WHO Expert Committee, Geneva.

INTERNSHIP (HEALTH SECTOR)**Sub Code:** HBFS18L08**Total no. of Hours: 50****Dietetics Internship**

A summer internship program for not less than 24 days (144hrs) full time and 48 days (144hrs) part time at various professional health sectors.

OBJECTIVES:

- Get an exposure to the working situation of the dietary department of a reputed hospital / any health sector.
- Develop skills in Diet counseling and feeding of patients.
- Develop capacity for taking up dietetics as a profession.

A. Hospital internship in an established dietary for

Gain experience in:

- Organization and layout of diet kitchen.
- Food purchase stores and issues.

- Food production and menu planning
- Food service and distribution.
- Calculation of diets and dietary management of patients.

B Case Study

1. Selection of two admitted patients from a hospital
2. Study the clinical, nutritional, biochemical and dietary profile on admission during hospital stay and at discharge.
3. Critically evaluate therapeutic modification of diet
4. Plan maintenance diet on discharge after diet counseling.
5. Writing of report.

COMMUNITY NUTRITION PRACTICAL

Sub Code: HBFS18L09

L	T	P	C
0	1	4	3

Total no. of Hours: 50

OBJECTIVES:

- Develop skill in field level application of the techniques of assessing nutritional status
- Acquire skill in organizing and implementing community nutrition projects
- Create an insight into the various low cost ingredients available in market and prepare low cost nutritious dishes for vulnerable segments in the community
- Provide experience in working with community groups in field settings
- Sharpen skills and shape attitude towards working in the area of Public Nutrition

Unit - I

Techniques of nutritional assessment

- a) Anthropometry – Height, weight, MUAC, BMI, WHR
- b) Diet survey - 3 day weighment and 24 hour recall
- c) Clinical assessment
- d) Biochemical assessment

Unit -II

Techniques of growth monitoring. Use and interpretation of Growth Charts.

Unit -III

Planning/ preparation of Nutritious recipes

- a) Low cost recipes
- b) One dish meal

Unit- IV

Field Study Assessment of nutritional status of a specific demographic group using direct parameters

Unit- V

Field Placement

- a) Formulating messages for Nutrition and Health Education
- b) Development of audio- visual aids for Nutrition and Health Education
- c) Planning, implementation and evaluation of a Nutrition and Health Education programme in the community

Unit -VI

Visit Study of any Community Agency

PROJECT / DISSERTATION

Sub Code: HBFS18P01

L	T	P	C
0	0	0	10

Total no. of Hours: 50

1. Development of research programme
2. Collection of Review
3. Conduct Pilot Study in the field
4. Conduct of work in the lab/ hospital/ community /industry
5. Analysis of Data
6. Writing for the thesis and submission



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