



Add On Course

On

Nutrition and Meal Planning

Course Code: CC28/23/1/NMP

Organised by

Department of Education

and

IQAC, Al Ameen Memorial Minority College

AL AMEEN MEMORIAL MINORITY COLLEGE

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Add on Course Organising Committee

Patron : Dr. Nurul Haque, Principal, Al Ameen Memorial Minority College
Course Co-ordinator : Prof. Matin Ahmed
Members : Prof. Sayera Begum, Prof. Dipankar Manna, Prof. Sk Asgar Ali, Tazuddin Ahmed,
Benajir Khatun, Asadulla Khan
Faculty Member : Prof. Amina Dhali

Course Name	: Nutrition and Meal Planning
Course Code	: CC28/23/1/NMP
Course Duration	: 6 Month (January to June)
Date of Application	: 1 st Week of January
Class Start	: 1 st Week of February
Course Fees	: No fee is required for the course
Eligibility	: Students of UG level of our College
Mode	: Blended Mode
Seat Limit	: 50
Course Duration	: 30 Hours in 6 Month
Class Day	: Every Sunday
Class Time	: 11 A.M. to 1:30 P.M.
Examination Time	: 1 st Week of June
Result Publication	: 3 rd Week of June
Certificate Issued	: 3 rd Week of June

Methodology

- Theoretical and Practical Approaches.
 - Experience sharing
 - Students' Seminars
 - Project Work

Course Outcome

By the end of this course, students will have a comprehensive understanding of nutrition principles and practical skills to create balanced and personalized meal plans to support health and wellness.

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Overview of the Syllabus

Class Duration: 4 hours for each module

Module 1: Introduction to Nutrition:

Understanding macronutrients and micronutrients.
Exploring the role of nutrition in overall health.
Analyzing dietary guidelines and recommendations.

Module 2: Fundamentals of Healthy Eating:

Identifying whole foods vs. processed foods.
Understanding portion control and mindful eating.
Debunking common nutrition myths and misconceptions.

Module 3: Nutritional Needs Across the Lifespan:

Exploring nutrition during different life stages (childhood, adolescence, adulthood, older adults).
Understanding special dietary considerations (pregnancy, lactation, athletes).

Module 4: Meal Planning Basics:

Principles of meal planning and preparation.
Tools and resources for meal planning.
Incorporating variety and balance into meal plans.

Module 5: Dietary Patterns and Trends:

Exploring different dietary patterns (e.g., Mediterranean diet, plant-based diet, ketogenic diet).
Evaluating popular nutrition trends and their implications.

Module 6: Special Diets and Restrictions:

Understanding common dietary restrictions (gluten-free, dairy-free, vegetarian, vegan).
Strategies for accommodating special diets while meal planning.

Module 7: Nutrition Label Reading and Food Safety:

Interpreting nutrition labels and ingredient lists.
Understanding food safety principles and practices.

Module 8: Practical Meal Planning Strategies:

Applying meal planning concepts to real-life scenarios.
Creating personalized meal plans based on individual needs and preferences.
Meal prepping and batch cooking tips for convenience and efficiency.

Module 9: Eating for Performance and Wellness:

Nutrition strategies for optimizing physical performance and recovery.
Exploring the relationship between nutrition and mental health.
Integrating mindful eating practices into daily routines.

Module 10: Sustainability and Ethical

Considerations:

Examining the environmental impact of food choices.
Understanding ethical considerations related to food production and consumption.
Incorporating sustainability principles into meal planning decisions.

Final project: Creating a personalized meal plan based on specific dietary needs and goals.

By the end of this course, students will have a comprehensive understanding of nutrition principles and practical skills to create balanced and personalized meal plans to support health and wellness.

Gradation: A=50-60%

A+=60-70%

O=70-100%

Assessment and Certification:

Theory and practical examination after each module.

Final Project: Solving a real-world computer-related problem.

Course completion certificate.

The examination pattern and marks distribution for the Add On Courses

Total Marks : 50 Marks

Theory Exam : 30 = i. Multiple-choice questions (MCQs) : 30 marks (2marks for 15 questions)
ii. Project report / Presentation : 10 marks
iii. Internal Assessment : 10 marks

This distribution allows for evaluating both theoretical knowledge and practical skills, along with assessing the student's consistency and engagement throughout the course.