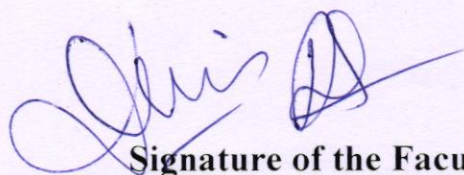


SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)**Rahmath Nagar, Tirunelveli - 627 011****Online-Class Lesson Plan****Academic Year 2020-2021[Odd Semester]****Department: NUTRITION AND DIETETICS**

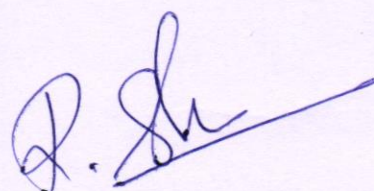
Class	: I YEAR
Semester	: I
Name of the Faculty	: R.SWARNALAKSHMI & M.VADIVEL DEVI
Title of the Course	: FOOD SCIENCE PRACTICAL
Subject Code	: 18UCND1P1
ICT Tools used	: POWER POINT
Text books	: FOOD SCIENCE
Reference books	: SRELAKSHMI, FOOD SCIENCE
e-resources	: ZOOM APP

Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
1.	04.08.2020	11.30-1.20	A	I	Preparation of cereal products using rice	28.08.2020	
2.	12.08.2020	11.30-1.20	A	I	Preparation of cereal products using wheat	05.09.2020	
3.	20.08.2020	11.30-1.20	A	I	Preparation of cereal products using ragi etc	12.09.2020	
4.	28.08.2020	11.30-1.20	A	I	Pulses;preparation of pulse dishes	19.09.2020	
5.	05.09.2020	11.30-1.20	A	I	Vegetables:effect of cooking on vegetable pigments;darkening of vegetable	28.09.2020	
6.	12.09.2020	11.30-1.20	A	I	Preparation of vegetable recipes	06.10.2020	
7.	19.09.2020	11.30-1.20	A	I	Fruits;preparation of recipes using fruits	13.10.2020	
8.	28.09.2020	11.30-1.20	A	I	Milk cookery;preparation of milk and milk product recipes	20.10.2020	
9.	06.10.2020	11.30-1.20	A	I	Preparation of milk and milk recipes	28.10.2020	

10.	13.10.2020	11.30-1.20	A	I	Egg;preparation of egg products	05.11.2020	
11.	20.10.2020	11.30-1.20	A	I	Meat;preparation of different meat recipes	12.11.2020	
12.	28.10.2020	11.30-1.20	A	I	Fish; preparation of different fish recipes	28.11.2020	
13.	05.11.2020	11.30-1.20	A	I	Poultry ; preparation of different poultry recipes	28.11.2020	
14.	12.11.2020	11.30-1.20	A	I	Suger and jaggery ; stages in suger cookery	05.12.2020	
15.	20.11.2020	11.30-1.20	A	I	Preparation of different sweet	12.12.2020	



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SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

Rahmath Nagar, Tirunelveli - 627 011

Online-Class Lesson Plan

Academic Year 2020-2021[Odd Semester]

Department: NUTRITION & DIETETICS

Class	:	III B.SC NUTRITION & DIETETICS
Semester	:	V
Name of the Faculty	:	V.ANGEL MARY
Title of the Course	:	FOOD SERVICE MANAGEMENT
Subject Code	:	18UCND53
ICT Tools used	:	PPT, VIDEO
Text books	:	Mohini Sethi and Subject Mathan 1993,Catering Management and integrated approach
Reference books	:	The theory of catering scintin
e-resources	:	

Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
1.	4.8.2020	8.30 – 9.20	A	I	Introduction to food service management	4.8.2020 Introduction to food service management	
2.	5.8.2020	11.30 – 12.20	B	I	Location of kitchen	5.8.2020 Location of kitchen	
3.	6.8.2020	9.30- 10.20	C	I	Types of kitchen	6.8.2020 Types of kitchen	
4.	7.8.2020	11.30 – 12.20	D	I	Layout for kitchen	7.8.2020 Layout for kitchen	
5	10.8.2020	8.30 – 9.20	F	I	Work centres	10.8.2020 Work centres	
6	12.8.2020	8.30 – 9.20	A	I	Structural features	12.8.2020 Structural features	

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Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
7	13.8.20	11.30 – 12.20	B	I	Storage- Introduction	13.8.20 Storage- Introduction	
8	14.8.20	9.30- 10.20	C	I	Storage spaces	17.8.20 Storage spaces	
9.	17.8.20	11.30 – 12.20	D	I	Location of storage	17.8.20 Location of storage	
10.	19.8.20	8.30 – 9.20	F	I	Types of storage	19.8.20 Types of storage	
11.	20.8.20	8.30 – 9.20	A	I	Layout for storage	19.8.20 Layout for storage	
12.	21.8.20	11.30 – 12.20	B	I	Service areas	20.8.20 Service areas	
13.	24.8.20	9.30- 10.20	C	I	Location of service area	21.8.20 Location of service area	
14.	25.8.20	11.30 – 12.20	D	I	Layout of service area	25.8.20 Layout of service	
15.	27.8.20	8.30 – 9.20	F	I	Types of service area	25.8.20 Types of service area	
16.	28.8.20	8.30 – 9.20	A	II	Tools of management	27.8.20 Tools of management	
17.	31.8.20	11.30 – 12.20	B	II	Organizational chart	31.8.20 Organizational chart	
18	1.9.20	9.30- 10.20	C	II	Types of Organizational chart	1.9.20 Types of Organizational chart	
19	2.9.20	11.30 – 12.20	D	II	Job description	2.9.20 Job description	





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Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
20	4.9.20	8.30 – 9.20	F	II	Job specification	7.9.20 Job specification	
21	5.9.20	8.30 – 9.20	A	II	Job analysis	7.9.20 Job analysis	
22.	7.9.20	11.30 – 12.20	B	II	Work schedule	8.9.20 Work schedule	
23.	8.9.20	9.30- 10.20	C	II	Time schedule	8.9.20 Time schedule	
2	9.9.20	11.30 – 12.20	D	II	Equipment	9.9.20 Equipment	
25.	11.09.20	8.30 – 9.20	F	II	Classification of equipment	14.9.20 Classification of equipment	
26.	12.9.20	8.30 – 9.20	A	II	Selection of equipment	14.9.20 Selection of equipment	
27	14.9.20	11.30 – 12.20	B	II	Care of equipment	15.9.20 Care of equipment	
28	15.9.20	9.30- 10.20	C	II	Maintenance of equipment	15.9.20 Maintenance of equipment	
29	16.9.20	11.30 – 12.20	D	II	Functions of equipment	16.9.20 Functions of equipment	

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Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
30	18.9.20	8.30 – 9.20	F	II	Revision	18.9.20 Revision	
31.	19.9.20	8.30 – 9.20	A	III	Purchasing	19.9.20 Purchasing	

32.	21.9.20	11.30 – 12.20	B	III	Procedure for purchasing	19.9.20 Procedure for purchasing	
33	22.9.20	9.30-10.20	C	III	Receiving	21.9.20 Receiving	
34	23.9.20	11.30 – 12.20	D	III	Procedure for receiving	22.9.20 Procedure for receiving	
35	25.9.20	8.30 – 9.20	F	III	Storage	23.9.20 Storage	
36	28.9.20	8.30 – 9.20	A	III	Procedure for storage	28.9.20 Procedure for storage	
	29.9.20	11.30 – 12.20	B	III	Menu -introduction	29.9.20 Menu -introduction	
38.	30.9.20	9.30-10.20	C	III	Types of menu	30.9.20 Types of menu	
39.	1.10.20	11.30 – 12.20	D	III	Styles of service	1.10.20 Styles of service	
40.	5.10.20	8.30 – 9.20	F	III	Waiter service	6.10.20 Waiter service	
41.	6.10.20	8.30 – 9.20	A	III	Self service	6.10.20 Self service	
42.	7.10.20	11.30 – 12.20	B	III	Vending and mobile catering	7.10.20 Vending and mobile catering	
43.	8.10.20	9.30-10.20	C	III	Portion control	8.10.20 Portion control	

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Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
44.	9.10.20	11.30 – 12.20	D	III	Methods of portion control	9.10.20 Methods of portion control	
45.	12.10.20	8.30 – 9.20	F	III	Utilization of leftovers	12.10.20 Utilization of	

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						leftovers	
46.	13.10.20	8.30 – 9.20	A	IV	Personnel management - introduction	13.10.20 Personnel management - introduction	
47.	14.10.20	11.30 – 12.20	B	IV	Recruitment introduction -	14.10.20 Recruitment - introduction	
48.	15.10.20	9.30-10.20	C	IV	Sources of Recruitment	14.10.20 Sources of Recruitment	
49	16.10.20	11.30 – 12.20	D	IV	Procedure of Recruitment	15.10.20 Procedure of Recruitment	
50.	19.10.20	8.30 – 9.20	F	IV	Advantages and disadvantages of Recruitment	28.10.20 Advantages and disadvantages of Recruitment	
51.	20.10.20	8.30 – 9.20	A	IV	Selection	28.10.20 Selection	
52.	21.10.20	11.30 – 12.20	B	IV	Steps in selection	28.10.20 Steps in selection	
53.	22.10.20	9.30-10.20	C	IV	Process of selection	29.10.20 Process of selection	
54.	23.10.20	11.30 – 12.20	D	IV	Induction	29.10.20 Induction	

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Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
55	27.10.20	8.30 – 9.20	F	IV	Methods of Induction	29.10.20 Methods of Induction	
56	28.10.20	8.30 – 9.20	A	IV	Advantages and disadvantages of Induction	31.10.20 Advantages and disadvantages of Induction	
57	29.10.20	11.30 – 12.20	B	IV	Training	31.10.20 Training	
58	31.10.20	9.30-10.20	C	IV	Methods of of training	2.11.20 Methods of of	

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						training	
59	2.11.20	11.30 – 12.20	D	IV	Advantages and disadvantages of Training	2.11.20 Advantages and disadvantages of Training	
60	4.11.20	8.30 – 9.20	F	IV	Revision	4.11.20 Revision	
61	5.11.20	8.30 – 9.20	A	V	Food cost	4.11.20 Food cost	
62	6.11.20	11.30 – 12.20	B	V	Factor responsible for losses	5.11.20 Factor responsible for losses	
63	7.11.20	9.30-10.20	C	V	Methods of controlling food cost	5.11.20 Methods of controlling food cost	
64	9.11.20	11.30 – 12.20	D	V	Book keeping	7.11.20 Book keeping	
65	11.11.20	8.30 – 9.20	F	V	Methods of book keeping	7.11.20 Methods of book keeping	
66.	12.11.20	8.30 – 9.20	A	V	Types of Entry system	11.11.20 Types of Entry system	
67.	13.11.20	11.30 – 12.20	B	V	Advantages of double entry system	11.11.20 Advantages of double entry system	
68.	16.11.20	9.30-10.20	C	V	Book of accounts	11.11.20 Book of accounts	


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Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
69.	17.11.20	11.30 – 12.20	D	V	Purchase book	12.11.20 Purchase book	
70.	19.11.20	8.30 – 9.20	F	V	Sales book	12.11.20 Sales book	
71.	20.11.20	8.30 – 9.20	A	V	Purchase return book	12.11.20 Purchase return book	
72.	21.11.20	11.30 –	B	V	Sales return book	24.11.20	

		12.20				Sales return book	
73.	23.11.20	9.30-10.20	C	V	Journal	24.11.20 Journal	
74.	24.11.20	11.30 – 12.20	D	V	Balance sheet	24.11.20 Balance sheet	
75	26.11.20	8.30 – 9.20	F	V	Question discussion paper	26.11.20 Question paper discussion	

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SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

Rahmath Nagar, Tirunelveli - 627 011

Online-Class Lesson Plan

Academic Year 2020-2021[Odd Semester]

Department: NUTRITION AND DIETETICS

Class	:	I YEAR
Semester	:	I
Name of the Faculty	:	M.VADIVEL DEVI
Title of the Course	:	FOOD SCIENCE
Subject Code	:	18UCND11
ICT Tools used	:	POWERPOINT
Text books	:	FOOD SCIENCE
Reference books	:	B. Srilakshmi., Food Science, New age International (p)Ltd.
e-resources	:	ZOOM APP

Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on
1.	6.08.2020	11.30-12.20	C	I	Definition: Food Science, Food, Nutrients	24.08.2020
2.	7.08.2020	12.30-1.20	D	I	Definition: Nutritional Status, Mal-nutrition, under-Nutrition, over Nutrition,	24.08.2020
3.	8.08.2020	10.30-11.20	E	I	Definition: Balanced diet and Health.	25.08.2020
4.	10.08.2020	10.30-11.20	F	I	Food Groups	26.08.2020
5.	14.08.2020	11.30-12.20	C	I	Basic four and Basic five	27.08.2020
6.	17.08.2020	12.30-1.20	D	I	Functions of food	1.09.2020
7.	18.08.2020	10.30-11.20	E	I	Nutritional Classification of foods - Energy yielding, Body Building and protective foods.	2.09.2020
8.	19.08.2020	10.30-11.20	F	I	Cooking Methods	3.09.2020

9.	24.08.2020	11.30-12.20	C	I	Moist heat methods of cooking	4.09.2020
10.	25.08.2020	12.30-1.20	D	I	Dry heat methods of cooking	8.09.2020
11.	26.08.2020	10.30-11.20	E	I	merits and demerits.	9.09.2020
12.	27.08.2020	10.30-11.20	F	I	Foods	10.09.2020
13.	1.09.2020	11.30-12.20	C	II	Cereals	11.09.2020
14.	2.09.2020	12.30-1.20	D	II	Cereals - Structure,	15.09.2020
15.	3.09.2020	10.30-11.20	E	II	Cereals - Nutritive value,	16.09.2020
16.	4.09.2020	10.30-11.20	F	II	Cereals - milling	17.09.2020
17.	8.09.2020	11.30-12.20	C	II	Cereals - parboiling of rice,	18.09.2020
18.	9.09.2020	12.30-1.20	D	II	Cereals - wheat.	22.09.2020
19.	10.09.2020	10.30-11.20	E	II	Pulses - Composition and Nutritive value	23.09.2020
20.	11.09.2020	10.30-11.20	F	II	Pulses - toxic substances in pulses,	24.09.2020
21.	15.09.2020	11.30-12.20	C	II	Pulses - Milling,	25.09.2020
22.	16.09.2020	12.30-1.20	D	II	factors affecting cooking quality of pulses	30.09.2020
23.	17.09.2020	10.30-11.20	E	II	germination of pulses.	1.10.2020
24.	18.09.2020	10.30-11.20	F	II	Structure of grain	3.10.2020
25.	22.09.2020	11.30-12.20	C	III	Vegetables	5.10.2020

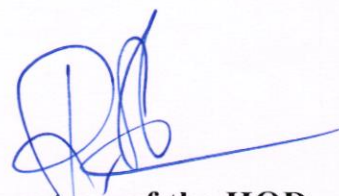
26.	23.09.2020	12.30-1.20	D	III	Vegetables – classification,	8.10.2020
27.	24.09.2020	10.30-11.20	E	III	Vegetables –Nutritive value,	9.10.2020
28.	25.09.2020	10.30-11.20	F	III	changes during cooking of Vegetables	10.10.2020
29.	30.09.2020	11.30-12.20	C	III	Fruits	12.10.2020
30.	1.10.2020	12.30-1.20	D	III	Fruits- classification	15.10.2020
31.	3.10.2020	10.30-11.20	E	III	Fruits- nutritive value	15.10.2020
32.	5.10.2020	10.30-11.20	F	III	changes during ripening of fruits	17.10.2020
33.	8.10.2020	11.30-12.20	C	III	Storage of fruits	17.10.2020
34.	9.10.2020	12.30-1.20	D	III	Handling of fruits	16.10.2020
35.	10.10.2020	10.30-11.20	E	III	Browning of fruits	16.10.2020
36.	12.10.2020	10.30-11.20	F	III	Pigments in fruits	31.10.2020
37.	15.10.2020	11.30-12.20	C	IV	Milk & Milk Products Composition and Nutritive value	31.10.2020
38.	16.10.2020	12.30-1.20	D	IV	Different types of milk and Milk products	2.11.2020
39.	17.10.2020	10.30-11.20	E	IV	Egg: Structure	2.11.2020
40.	19.10.2020	10.30-11.20	F	IV	Egg: Composition and Nutritive value,	3.11.2020
41.	22.10.2020	11.30-12.20	C	IV	uses of egg in cookery.	4.11.2020
42.	23.10.2020	12.30-1.20	D	IV	Flesh Foods:	7.11.2020

43.	24.10.2020	10.30-11.20	E	IV	Flesh Foods: Composition, Nutritive value,	9.11.2020
44.	27.10.2020	10.30-11.20	F	IV	Flesh Foods: selection of meat	9.11.2020
45.	31.10.2020	11.30-12.20	C	IV	Flesh Foods: Composition, Nutritive value, selection of fish	10.11.2020
46.	2.11.2020	12.30-1.20	D	IV	Flesh Foods: Composition, Nutritive value, selection of poultry	10.11.2020
47.	3.11.2020	10.30-11.20	E	IV	Rigor mortis	11.11.2020
48.	4.11.2020	10.30-11.20	F	IV	tenderization of meat	11.11.2020
49.	7.11.2020	11.30-12.20	C	V	Nuts and Oilseeds:	24.11.2020
50.	9.11.2020. 11.2020	12.30-1.20	D	V	Nuts and Oilseeds: Composition and Nutritive value of common Nuts and Oilseeds.	24.11.2020
51.	10.11.2020	10.30-11.20	E	V	Beverages:	25.11.2020
52.	11.11.2020	10.30-11.20	F	V	Beverages: Classification and Nutritive value of Coffee, Tea, Cocoa,	25.11.2020
53.	16.11.2020	11.30-12.20	C	V	milk based fruit Juices,	26.11.2020
54.	17.11.2020	12.30-1.20	D	V	aerated and alcoholic beverages	29.11.2020
55.	18.11.2020	10.30-11.20	E	V	Spices and Condiments: Definition	1.12.2020
56.	19.11.2020	10.30-11.20	F	V	Spices and Condiments: uses	2.12.2020
57.	23.11.2020	11.30-12.20	C	V	Spices and Condiments: abuses	3.12.2020
58.	24.11.2020	12.30-1.20	D	V	Types of spices and condiments	7.12.2020

59.	25.11.2020	10.30-11.20	E	V	Question paper discussion	8.12.2020
60.	26.11.2020	10.30-11.20	F	V	revision	9.12.2020



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SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)**Rahmath Nagar, Tirunelveli - 627 011****Online-Class Lesson Plan****Academic Year 2020-2021 [Odd Semester]****Department: NUTRITION & DIETETICS**

Class	:	I B.SC NUTRITION & DIETETICS
Semester	:	I
Name of the Faculty	:	Dr.P.MAGESWARI
Title of the Course	:	HUMAN DEVELOPMENT
Subject Code	:	18UCND12
ICT Tools used	:	GOOGLE MEET
Text books	:	---
Reference books	:	Suriyakanthi,A. Child Development
e-resources	:	https://www.medicinenet.com/breastfeeding/article.htm https://www.who.int/health-topics

Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
1.	01-09-20	8.30AM - 9.20AM	C	I	Introduction to Human Development. Meaning of Growth and Development	01-09-2020 - Introduction to Human Development. Meaning of Growth and Development	
2.	02-09-20	11.30AM - 12.20PM	D	I	Stages of Human Life and Significance of Human Development	02-09-2020 - Stages of Human Life and Significance of Human Development	
3.	03-09-20	9.30AM - 10.20AM	E	I	Methods of Child Study – Anecdotal Method, Biographical Method	03-09-2020 -Methods of Child Study – Anecdotal Method, Biographical Method	
4.	08-09-20	8.30AM - 9.20AM	C	I	Interview method- Meaning, Advantages & Disadvantages	08-09-2020 -Interview method- Meaning, Advantages & Disadvantages	

5.	09-09-20	11.30AM - 12.20PM	D	I	Observation-Meaning, Types, Advantages & Disadvantages	09-09-2020 - Observation-Meaning, Types, Advantages & Disadvantages
6.	15-09-20	8.30AM - 9.20AM	C	I	Questionnaire Method - Meaning, Types & Characteristics	15-09-2020 - Questionnaire Method - Meaning, Types & Characteristics
7.	16-09-20	11.30AM - 12.20PM	D	I	Longitudinal Method - Meaning, advantages & Disadvantages	16-09-2020 - Longitudinal Method - Meaning, advantages & Disadvantages
8.	17-09-20	9.30AM - 10.20AM	E	I	Cross - Sectional Study Meaning, Characteristics	17-09-2020 -Cross - Sectional Study Meaning, Characteristics
9.	22-09-20	8.30AM - 9.20AM	C	I	Cross-Sectional Study - advantages & Disadvantages	22-09-2020 - Cross-Sectional Study - advantages & Disadvantages
10.	23-09-20	11.30AM - 12.20AM	D	I	Difference between Longitudinal & Cross- Sectional study	23-09-2020 -Difference between Longitudinal & Cross- Sectional study
11.	24-09-20	9.30AM - 10.20AM	E	I	Case Study - meaning, Advantages & Disadvantages	24-09-2020 - Case Study - meaning, Advantages & Disadvantages
12.	30-09-20	8.30AM - 9.20AM	C	II	Breast Feeding - meaning and its importance	30-09-2020 - Breast Feeding - meaning and its importance
13.	01-10-20	11.30AM - 12.20PM	D	II	Advantages of Breast Feeding, Formula feeding	01-10-2020 -Advantages of Breast Feeding, Formula feeding
14.	03-10-20	9.30AM - 10.20AM	E	II	Artificial Feeding - Meaning, Advantages & Disadvantages	03-10-2020 -Artificial Feeding - Meaning, Advantages & Disadvantages
15.	08-10-20	8.30AM - 9.20AM	C	II	Immunization Schedule - Meaning and its importance	08-10-2020 - Immunization Schedule - Meaning and its importance

Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
16.	09-10-20	11.15AM - 12.00PM	D	II	Immunization Schedule for Mother and Children	09-10-2020 - Immunization Schedule for Mother and Children	



17.	10-10-20	9.30AM - 10.20AM	E	III	Late Childhood – Meaning, Characteristics	10-10-2020 -Late Childhood – Meaning, Characteristics
18.	15-10-20	8.30AM - 9.20AM	C	III	Late Childhood – Physical Development	15-10-2020 - Late Childhood – Physical Development
19.	16-10-20	11.15AM - 12.00PM	D	III	Motor Development, Meaning, Categories	16-10-2020 -Motor Development, Meaning, Categories
20.	17-10-20	9.30AM - 10.20AM	E	III	Social Development – Meaning, Characteristics	17-10-2020 -Social Development – Meaning, Characteristics
21.	31-10-20	8.30AM - 9.20AM	C	III	Social Development - Characteristics	31-10-2020 - Social Development - Characteristics
22.	02-11-20	11.30AM - 12.20PM	D	III	Emotional Development – Meaning, Fear, Worry	02-11-2020 -Emotional Development – Meaning, Fear, Worry
23.	03-11-20	9.30AM - 10.20AM	E	III	Emotional Development, Joy, Happiness & Affection	03-11-2020 -Emotional Development, Joy, Happiness & Affection
24.	07-11-20	8.30AM - 9.20AM	C	III	Mental Development- Meaning, Piagets Concepts	07-11-2020 -Mental Development- Meaning, Piagets Concepts
25.	09-11-20	11.30AM - 12.20PM	D	III	Mental Development – Concepts of Children	09-11-2020 -Mental Development – Concepts of Children
26.	10-11-20	9.30AM - 10.20AM	E	IV	Habit Formation- Principles	10-11-2020 -Habit Formation- Principles
27.	24-11-20	11.30AM - 12.20PM	D	IV	Juvenile Delinquency –Meaning, Causes-Personal & Family	24-11-2020 -Juvenile Delinquency –Meaning, Causes-Personal & Family
28.	30-11-20	8.30AM- 9.20AM	C	IV	Juvenile Delinquency – Community Causes, Treatment	30-11-2020 -Juvenile Delinquency – Community Causes, Treatment
29.	01-12-20	11.30AM - 12.20PM	D	V	Family Attitude towards the aged	01-12-2020 - Family Attitude towards the aged

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SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

Rahmath Nagar, Tirunelveli - 627 011

Online-Class Lesson Plan

Academic Year 2020-2021 [Odd Semester]

Department: NUTRITION AND DIETETICS

Class	:	I B.Sc Nutrition and Dietetics
Semester	:	I Semester
Name of the Faculty	:	Mrs.C.Aruna Sundari
Title of the Course	:	Human Development
Subject Code	:	18UCND12
ICT Tools used	:	Zoom app, Powerpoint
Text books	:	Child Development by Suriyakanthi
Reference books	:	Child Development by Rajammal.P Devadas, Child Development by Hurlock, E.B, Mc.Graw Hill co. New york 1950
e-resources	:	

Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
1.	4.8.20	9.30 - 10.20am	A	I	Introduction to Human Development - Definition of Growth and Development	28.8.20 - Introduction to Human Development - Definition of Growth and Development	
2.	5.8.20	9.30 - 10.20am	B	I	Difference between growth and development	31.8.20 - Difference between growth and development	
3.	12.8.20	9.30 - 10.20am	A	I	Principles of Growth and development	31.8.20 - Principles of Growth and development	
4.	13.8.20	9.30 - 10.20am	B	I	Principles of Growth and development	5.9.20 - Principles of Growth and development	
5.	20.8.20	9.30 - 10.20am	A	I	Factors that influence the Growth and development	7.9.20 - Factors that influence the Growth and development	
6.	21.8.20	9.30 - 10.20am	B	I	Factors that influence the Growth and development	7.9.20 - Factors that influence the Growth and development	
7.	28.8.20	9.30 - 10.20am	A	II	Period of Infancy, New born - Definition, How to assess the APGAR SCORE	12.9.20 - Period of Infancy, New born - Definition, How to assess the APGAR SCORE	

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Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
8.	31.8.20	9.30 - 10.20am	B	II	Appearance, size and proportion of new born	12.9.20 - Appearance, size and proportion of new born	
9.	5.9.20	9.30 - 10.20am	A	II	Appearance, size and proportion of new born	14.9.20 - Appearance, size and proportion of new born	
10.	7.9.20	9.30 - 10.20am	B	II	Physical care of the new born	19.9.20 - Physical care of the new born	
11.	12.9.20	9.30 - 10.20am	A	II	Daily routine of new born - Bathing	19.9.20 -Daily routine of new born - Bathing	
12.	14.9.20	9.30 - 10.20am	B	II	Daily routine of new born - Clothing and sleeping	21.9.20 - Daily routine of new born - Clothing and sleeping	
13.	19.9.20	9.30 - 10.20am	A	III	Introduction to Early Childhood period (1-6 years)	28.9.20 - Introduction to Early Childhood period (1-6 years)	
14.	21.9.20	9.30 - 10.20am	B	III	Early Childhood period (1-6 years) - Physical and motor growth	28.9.20 - Early Childhood period (1-6 years) - Physical and motor growth	
15.	28.9.20	9.30 - 10.20am	A	III	Early Childhood period (1-6 years) - Language, Intellectual development	29.9.20 - Early Childhood period (1-6 years) - Language, Intellectual development	
16.	29.8.20	9.30 - 10.20am	B	III	Early Childhood period (1-6 years) - Language, Intellectual development	29.9.20 - Early Childhood period (1-6 years) - Language, Intellectual development	
17.	6.10.20	9.30 - 10.20am	A	III	Early Childhood period (1-6 years) - Emotional and social development.	6.10.20 - Early Childhood period (1-6 years) - Emotional and social development.	
18.	7.10.20	9.30 - 10.20am	B	III	Early Childhood period (1-6 years) - Emotional and social development.	6.10.20 - Early Childhood period (1-6 years) - Emotional and social development.	
19.	13.10.20	9.30 - 10.20am	A	IV	Introduction to period of Adolescence	7.10.20 -Introduction to period of Adolescence	
20.	14.10.20	9.30 - 10.20am	B	IV	Physical growth during adolescence	13.10.20 - Physical growth during adolescence	
21.	20.10.20	9.30 - 10.20am	A	IV	Role of hormones in adolescent period	14.10.20 - Role of hormones in adolescent period	
22.	21.10.20	9.30 - 10.20am	B	IV	Social development during adolescence	28.10.20 - Social development during adolescence	

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Sl. No	Actual Date	Time	Order	Unit	Topics Planned	Date-Topics Covered on	Remarks
23.	28.10.20	9.30 - 10.20am	A	IV	Emotional development during adolescence	29.10.20 - Emotional development during adolescence	
24.	29.10.20	9.30 - 10.20am	B	IV	Cognitive development during adolescence	6.11.20 -Cognitive development during adolescence	
25.	5.11.20	9.30 - 10.20am	A	V	Introduction to period of old age	12.11.20 - Introduction to period of old age	
26.	6.11.20	9.30 - 10.20am	B	V	Age related changes - Physical and Psychological	13.11.20 - Age related changes - Physical and Psychological	
27.	12.11.20	9.30 - 10.20am	A	V	Physical problems of old age	27.11.20 - Physical problems of old age	
28.	13.11.20	9.30 - 10.20am	B	V	Psychological problems of old age	27.11.20 - Psychological problems of old age	
29.	20.11.20	9.30 - 10.20am	A	V	Revision	28.11.20 - Revision	
30.	21.11.20	9.30 - 10.20am	B	V	Question paper discussion	28.11.20 - Question paper discussion	

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