

TRIPURA BOARD OF SECONDARY EDUCATION

SYLLABUS

(effective from 2015)

SUBJECT : NUTRITION

(Class – XII)

NUTRITION
COURSE STRUCTURE
CLASS XII (Theory)

One Paper

Time : 3 Hours

Marks : 70 Marks

Unit	Title	Marks
I.	Steps in Nutrition and Calorie Requirement	20
II.	Dietetics and Meal Planning	30
III.	Concept of Community Nutrition	20
	Total	70

Unit-I : Steps in Nutrition and Calorie Requirement

- i) Mechanism of digestion and absorption of food
- ii) Metabolism of Carbohydrate, Protein and Fat
- iii) Calorie requirement in different physiological condition e.g. growth, pregnancy and lactation
- iv) Concept of BMR and its significance

Unit-II : Dietetics and meal planning

- i) Balance diet for pregnant and nursing mother
- ii) Importance of breast feeding
Breast feeding v/s artificial feeding
Weaning food
- iii) Causes of malnutrition in infant due to defective feeding practices
- iv) Planning of low cost balance diet from locally available cheap foods
- v) Preparation of simple therapeutic diet
- vi) Methods of food preservation and its importance

Unit-III : Concept of Immunity Nutrition

- i) Different deficiency diseases – Protein calorie malnutrition
Anemia, Vitamin – A malnutrition and Goiter
- ii) Objectives of supplementary food
Preparation of supplementary food for vulnerable groups
- iii) Nutrition Education – Importance of Nutrition Education
Nutrition Education methods – Posters, Charts, Audio-visual aids, Lectures
- iv) Methods of diet survey – Food habits in a family
Food adulteration
- v) Elementary idea about the ongoing National Nutrition Programmes in India
- vi) Calculation of nutritive value of diet using food value tables

PRACTICAL

Time : 3 Hours

Marks : 30

- 1) Qualitative test for Carbohydrate, Protein and Fat in food.
- 2) Preparation of Nutritious School Tiffin with locally available food.
- 3) Preparation of liquid diet to alleviate Diarrhea .
- 4) Balanced diet for an adult average worker, allowances for pregnant and nursing mother.
- 5) Submission of diet-survey report of a family and interpret the result in terms of adequacy

Or

Determination of nutritive value of supplied mid-day meal for consecutive 3 (three) days – A report

Scheme of Examination:

i) Experiment	2 Nos.	15 marks
ii) Submission of Report		05 marks
iii) Viva voce		06 marks
iv) Practical Notebook		04 marks

NUTRITION CLASS XII

UNIT WISE QUESTION TYPES WITH MARKS DISTRIBUTION

Unit	Title	MCQ / Objective 1 mark	VSA 2 marks	SA 3 marks	LA 5 marks	Total marks
I	Steps in Nutrition and Calorie requirement	3	4	3	-	20
II	Dietetics and Meal Planning	5	4	4	1	30
III	Concept of Immunity Nutrition	2	2	3	1	20
Total Number of Questions		4+6=10	10	10	02	
Total marks						70

- N.B.: - 1) Internal choice: There is no overall choice in the paper. However, there is an internal choice in three (03) questions (1 from each Unit) of 3 marks weightage and all questions of 5 marks weightage.
- 2) In SA and LA types, total allotted marks in each may be sub-divided, if necessary.
- 3) Questions should be set covering each unit.