

BSP559 NUTRITIONAL BIOLOGY LAB

Course Outcomes:

After successful completion of the course, students will be able to:

CO 1. Understand and prepare meal plans using food exchange lists for different age groups and physiological conditions

CO 2. Create awareness about low-cost nutritional rich food for children.

CO3. Describe different adulteration tests for foods.

CO4. Understand the food spoilage microorganisms.

1. Adulteration tests (3 samples - cereal/sugar products, milk/milk products, spices and condiments)
2. Planning balanced diet for reference man and woman using ICMRRDA
3. Planning and preparing two different low-cost weaning foods
4. Planning a diet for PEM and Nutritional anaemia
5. Planning a diet for: Adolescent child, Pregnant woman, Lactating woman, Elderly
6. Estimation of total microbial count of yeast and molds from spoiled food samples

