



MANGALORE UNIVERSITY

DEPARTMENT OF BIOSCIENCES

MSc Food Science & Nutrition

FNP 459 LIFE SPAN NUTRITION

Course outcome:

- Preparation of meal using food exchange lists.
- Plan and preparation of weaning food.
- Creates awareness about low cost nutritional rich food for children.
- Preparation of balanced diet for different age group individuals.

1. Introduction to meal planning: Use of food exchange list
2. Planning and preparation of weaning foods for Infants
3. Planning and preparation of diets and dishes for two different calories
 - ☐ Preschool child
 - ☐ School age child and adolescents
 - ☐ Young adult
 - ☐ Pregnant and Lactating woman
 - ☐ Elderly

