



**DHARAMPETH M. P. DEO MEMORIAL SCIENCE COLLEGE,
NAGPUR**

B. Sc. (Home Science Department) SEMESTER- I

**Paper I
(FUNDAMENTAL OF FOOD SCIENCE NUTRITION -I)**

Unit I

Basic terms used in Food and Nutrition. Definitions-Foods, Nutrition, Optimum nutrition, Nutritional status, Nutrients and Health

https://www.youtube.com/playlist?list=PLJoALJA_KMOBAEWK_2o3knrfvqEuOFSkx

Unit II

Definition and Concept of balanced diet.

Factors affecting balanced diet

https://www.youtube.com/playlist?list=PLJoALJA_KMOBAEWK_2o3knrfvqEuOFSkx

Unit III

Carbohydrates – Definition, classifications, functions, sources, digestion and absorption and deficiency states. Fibre- Definition, Types of dietary fibre and sources.

Role of fibre in prevention of diseases. Protein- Definition, classifications, functions, sources, digestion and absorption and deficiency states Protein sparing action of carbohydrates.

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