

**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**

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

## **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.