

WEST BENGAL COUNCIL OF HIGHER SECONDARY EDUCATION

SUBJECT: NUTRITION (NUTN)

CLASS – XI

PRACTICAL

FULL MARKS: 30

1.	Unit I: Nutrition and Health(Investigatory project) 1. Assessment of Nutritional Status of school going children using any two anthropometric measurements (like Height, Weight, BMI etc.) and clinical symptoms.
2.	UNIT II: Macromolecules in Nutrition: 1. Detection of presence of the following nutrients in supplied food sample through physical observation and chemical tests <ul style="list-style-type: none"> Carbohydrates (mono, di and polysaccharide-starch only) Protein (albumin only) Fats
3.	UNIT III: Meal preparation from Food Commodities: 1. Measurement of food commodities: Measurement of actual weight and estimated approximate household weight of common food stuffs. 2. Meal preparation and calculation of nutritive value of the item prepared: <ul style="list-style-type: none"> Preparation of any 2 food items from cereals or millets like <ul style="list-style-type: none"> Rice/Semolina porridge Paushtik rati or Paratha with cereals and vegetables or channa or legumes. Sooji upma or cheera (poha), Oats porridge or Oats chilla with vegetables, Multi millet brown bread sandwich or roti from millet mix etc. Preparation of any 2 food items using milk or eggs like <ul style="list-style-type: none"> Cottage Cheese or pudding or porridge(payesh) Egg nog or egg poach or omlettee or egg sandwich etc Preparation of nutritious fibre and micronutrient rich school tiffin. [like Roti sabji or Sabji Paratha or Vegetable Sandwich or Vegetable pan cake or fruit chat etc] <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> Preparation of protein and fibre rich snack for Pregnant mother like soya chana ghugni or chana chat or egg veg sandwich or Moong chilla with vegetables etc)

QUESTION PATTERN:

1. Investigatory project on Nutritional Status	06
2. Macromolecules in nutrition: Nutrient detection in food	08
3. Meal Preparation from food commodities	08
4. Laboratory Note book	05
5. Viva	03
Total	30