

WEST BENGAL COUNCIL OF HIGHER SECONDARY EDUCATION

SUBJECT: NUTRITION (NUTN)

CLASS – XII

PRACTICAL

FULL MARKS: 30

1.	<u>Unit I: Food Safety and Sanitation:</u> Identification of common adulterants in food (any four to be done through DART (Detect Adulteration with Rapid Test) method). <ol style="list-style-type: none"> Khesari powder in Besan (Chana flour) Metanil Yellow in Turmeric powder/coloured food items Iron dust in Tea leaves Starch in Milk or Milk Powder Vanaspati in Butter Brick powder in chilli powder
2.	<u>Unit II: Dietetics and diet planning:</u> Preparation of food item or meal item for the following conditions or diseases and calculation of nutritive value of the item prepared. <ol style="list-style-type: none"> Balanced meal item for pregnant or lactating mother High Protein high calorie febrile diet Low residue low fiber diarrhoeal diet High Fibre low calorie diet for Obese person
3.	<u>Unit III: Community Nutrition (Investigatory/Activity based Project any one from below)</u> Visit to different Institutions/Centre's/Units and report submission based on activities watched (any 1 to be selected by the teacher) <ul style="list-style-type: none"> Hospital or Nursing Home Dietetic Unit Primary or Rural Health Care Centre ICDS Centre Food Processing Unit/industry Dairy Farm Mid Day Meal Programme in School <p style="text-align: center;">OR</p> Health and Nutrition Education given in urban slums or rural area/village on any topic of choice using Health Education Aids

QUESTION PATTERN:

1. Community nutrition: Investigatory or activity based project 06	06
2. Food Safety: Adulterant detection in food	10
3. Dietetics and Diet Planning: Meal preparation and calculation of Nutritive value	05
4. Laboratory Note book	03
5. Viva	30
Total	06