

ACADEMIC PLANNER & UNITIZATION OF SYLLABUS

Department of Nutrition

1ST Year: Semester II (SH/NUT/201/C-3) Core 3

Food Science and Basic Nutrition II

Credit- 06 Full Marks: 50 Classes: 60 (Lecture) + 15 (Tutorials)

Subject Teacher- Tultul Chowdhury

SYLLABUS UNITIZATION

Month	Week	Portion
March,2023	2	C3T3 Introduction of vitamins , Antivitamin , provitamin, pseudovitamin, vitamers.
	3	C3T3 Dietary sources, requirement ,function,deficiency and excess of vitamin A
	4	C3T3 Dietary sources, requirement ,function,deficiency and excess of vitamin D
	5	C3T3 Dietary sources, requirement ,function,deficiency and excess of vitamin E and Vitamin K
April, 2023	1	Revision and class test on Fat soluble vitamins . C3T3 Dietary sources, requirement ,function,deficiency and excess of vitamin C
	2	C3T3 Dietary sources, requirement ,function,deficiency and excess of Thiamine and riboflavin
	3	C3T3 Dietary sources, requirement ,function,deficiency and excess of Niacin and Pantothenic acid.

	4	C3T3 Dietary sources, requirement ,function,deficiency and excess of Pyridoxine and Biotin
May, 2023	1	C3T3 Dietary sources, requirement ,function,deficiency and excess of Folic acid and Cyanocobalamine.
	2	Revision and class test . Introduction of minerals, C3T3 Dietary sources, requirement ,function,deficiency and excess of Calcium . Absorption of Calcium.
	3	C3T3 Dietary sources, requirement ,function,deficiency and excess of sodium and potassium.
	4	C3T3 Dietary sources, requirement, function, ,deficiency and excess of Iron and iodine. Absorption of Iron.
	5	C3T3 Dietary sources, requirement, function, ,deficiency and excess of Selenium ,Zinc, Fluride
June, 2023	1	C3T3 Dietary sources, requirement, function, ,deficiency and excess of Magnesium,chromium and copper.
	2	Revision and class test . Requirement and function of water.
	3	Deficiency and excess of water. Water balance and its regulatuion.
	4	Revision of previous classes and Class test.
	5	Study Leave.