

Name of Faculty: Kulveer Singh Ahlawat		
Discipline: FOOD TECHNOLOGY		
Semester: 5 th		
Subject: Health and Functional Foods		
Lesson Plan Duration: 8 Weeks (July 2018-Sept. 2018)		
Work load (Theory/Practical) per week (in hours): Theory: 05, Practical: 2		
Week	Lecture day	Theory/Practical
1 st	1	Definition status and scope of health and functional foods in India
	2	continued
	3	Definition of nutraceuticals.
	4	Types and importance of nutraceutical
	5	Continued Issuing instructions for operation and safety precautions for various machinery and equipments in the lab (practical)
2 nd	6	Types of health and functional foods
	7	Continued
	8	Continued
	9	Continued, properties of health and functional foods.
	10	Anti-carcinogenic Preparation of high fibre bread and biscuits (practical)
3 rd	11	Anti-carcinogenic foods continued
	12	Hypocholesterolemic
	13	Hypoglycemic foods.
	14	Anti-oxidants.
	15	Fortified foods. Preparation of high fibre cake and nutritious beverage. (Practical)
4 th	16	Enriched foods.
	17	Biofedic foods.
	18	Probiotics foods.
	19	Probiotics foods continued.
	20	Prebiotics Preparation of functional foods for obese and aged persons(Practical)
5 th	21	Symbiotic Foods
	22	High protein Foods
	23	High energy foods.
	24	Low energy foods.
	25	Artificial sweeteners. Preparation of hypocholesterolemic foods and diets for anaemic patients (Practical)
6 th	26	Artificial sweeteners continued.
	27	Geriatric foods.
	28	Importance fibre in health and prevention of diseases.
	29	Continued

	30	Continued Preparation of low sodium foods and malt based foods. (practical)
7 th	31	Continued
	32	Continued
	33	Definition and importance of Fortification and enrichment.
	34	Fortified salt
	35	Fortified atta.
		Fortified oil. Preparation of foods for underweight persons and high caloric diets for sportsmen. (Practical)
8 th	36	Enriched-juices and health drinks.
	37	Organic and genetically modified foods in Relation to health.
	38	Continued
	39	Continued
	40	Continued Preparation of high protein diet for sportsmen and fortified atta.