

# **FOOD AND NUTRITION**

## **For Class IX**

### **1. INTRODUCTION TO THE STUDY OF FOOD AND NUTRITION**

- 1.1 Definition of food, nutrition and relevant terms
- 1.2 Role of nutrition in health
- 1.3 Functions of food
- 1.4 Signs of good and poor nutrition

### **2. ENERGY AND NUTRIENTS**

- 2.1 Nutrients
- 2.2 Energy value of food

### **3. BALANCED DIET**

- 3.1 Balanced diet
- 3.2 Health and dietary practices
- 3.3 Recommended dietary allowance in planning balanced diet
- 3.4 Food composition table

### **4. MEAL MANAGEMENT**

- 4.1 Principles of meal planning
- 4.2 Menu planning for families of different income levels
- 4.3 Menu planning for different stages
- 4.4 Menu planning for different occasions

### **5. TABLE SETTING AND MEAL SERVICE**

- 5.1 Food service