

Healthy and Sustainable Food Choices

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title& Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Healthy and Sustainable Food Choices	2	0	0	2	Class XII	NIL

Learning Objectives

The Learning Objectives of this course are as follows:

- To identify healthier food options
- To understand portion control for foods
- To demonstrate skill for preparing healthy and nutritious dishes
- To link sustainability with healthy food choices

Learning Outcomes

After studying this course, the student will be able to:

- Select and prepare healthier food options
- Relate the influence of food environment on food choices
- Comprehend the importance of sustainable food choices

SYLLABUS

Unit 1: Healthy food choices

12 hours

Identification of healthy and unhealthy foods and Understanding the immediate food environment

- Food labels and basics of nutrient profiling models to classify foods as HFSS
- Nutrient profiling of commonly consumed food items
- Exploring the food environment by mapping the food outlets and food available near home and college

Unit 2: Food portion sizes and related factors**12 hours**

Understanding food portion sizes and its relation to nutrient density

- The concept of portion/serving sizes and portion control
- Estimation of energy and nutrient density of selected food products using nutrient composition database

Unit 3: Basics of food preparation**20 hours**

Planning and preparation of healthy and nutritious dishes

- Planning and preparation of the following:
 - Snacks
 - Soups and Salads
 - Desserts
 - Meal combinations

Unit 4: Sustainability and healthy food**16 hours**

Linking the concept of healthy eating with sustainability

- Identification of nutritious food sources which have minimal impact on the environment
- Case study on understanding food supply chain and carbon footprints of any commonly consumed foods

Essential/Recommended readings

- Chadha R and Mathur P (2015). Nutrition - A Lifecycle Approach. New Delhi: Orient Blackswan Pvt Ltd.
- Longvah T, Ananthan R, Bhaskarachary K and Venkaiah K (2017). Indian Food Composition Tables. National Institute of Nutrition, Indian Council of Medical Research, Department of Health Research, Ministry of Health and Family Welfare, Government of India, Hyderabad.
- Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). The Art and Science of Cooking: A Practical Manual, Revised Edition. New Delhi: Elite Publishing House Pvt Ltd.
- Raina U, Kashyap S, Narula V, Thomas S, Suvira, Vir S, Chopra S (2010). Basic Food Preparation: A Complete Manual, Fourth Edition. Hyderabad: Orient Black Swan.

Suggestive readings

- HLPE. 2017. Nutrition and food systems. A report by the High Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security, Rome. <https://www.fao.org/3/i7846e/i7846e.pdf>
- Agarwal P and Mathur P (2021). Eat Right - A Food Systems Approach . New Delhi: Food Future Foundation
- NIN-ICMR. Food Based Dietary Guidelines for Indians

Note: Learners are advised to use the latest edition of readings.

Examination scheme and mode:

Evaluation scheme and mode will be as per the guidelines notified by the University of Delhi.