

**Pool of Generic Electives (GE) Courses
Offered by Department of Biochemistry**

Category-IV

GENERIC ELECTIVES (GE-2)

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
		Lecture	Tutorial	Practical/ Practice		
Techniques in Biochemistry	04	02		02	-	-

Learning Objectives

The objective of the course is to introduce different biophysical techniques to students that are used in biological research for separation, purification and identification from mixture of biomolecules. The emphasis is also on experimental skills in the form of practical exercises so that students can apply this knowledge to improve their understanding of the subject for better utilization of these techniques in research and will also help in their placement.

Learning outcomes

- Students will acquire knowledge about the principles and applications of separation and purification techniques like centrifugation and chromatography used in a biochemistry laboratory.
- Students will learn about the principles and applications of electrophoresis and spectroscopic techniques involved in estimation and identification of biomolecules.
- It will also give them an opportunity to get hands-on experience to develop their experimental skills which are required for biological research lab.

SYLLABUS OF GE-2

**B.Sc. (HONOURS) BIOCHEMISTRY (NEP STRUCTURE)
BCH-GE-2: TECHNIQUES IN BIOCHEMISTRY**

2.2 Course Contents

THEORY

Credit: 2

Total weeks : 15

Unit I: Separation techniques (4 weeks)

Preparation of sample, different methods of cell lysis, salting out, dialysis. Principle and the factors affecting centrifugation Svedberg coefficient, types of rotors, principle and applications of differential and density gradient centrifugation.

Unit II: Purification techniques (4 weeks)

Classification of chromatographic techniques, principle and applications: Paper, thin layer, molecular sieve, ion exchange, and affinity chromatography.

Unit III: Electrophoretic techniques (3.5 weeks)

Principle of electrophoresis, various types of electrophoresis: Polyacrylamide gel (native), SDS PAGE and agarose gel, staining procedures for protein and nucleic acids.

Unit IV: Spectroscopic techniques (3.5 weeks)

Introduction to electromagnetic spectrum, Principle and working of UV-visible absorption spectrophotometer, single & double beam spectrophotometer, Beer's & Lambert's law, application of UV-visible spectrophotometer in biology.

2.3 PRACTICALS

Credits: 2

Total weeks : 15

1. Preparation of cell free extract from *E.coli* culture.
2. Separation and identification of amino acid acids by thin layer chromatography.
3. Separation of molecules by gel filtration chromatography.
4. Determination of absorption maxima (λ_{max}).
5. Calculate molar extinction coefficient of the given sample.
6. Demonstration of PAGE and Agarose gel electrophoresis.

2.4 Essential Readings

- Wilson, K. & Walker J. (2010). Principles and Techniques of Biochemistry and Molecular Biology, (7th ed.), Cambridge University Press; ISBN 978-0-521-51635-8.
- Boyer, R. F. (2012). Biochemistry Laboratory: Modern Theory and Techniques, (6th ed.), Boston, Mass: Prentice Hall; ISBN-13: 978-0136043027.
- Plummer, D. T. (1998). An Introduction to Practical Biochemistry (3rd ed.), Tata McGraw Hill Education Pvt. Ltd. (New Delhi); ISBN: 13: 978-0-07-099487-4 / ISBN:10: 0-07-099487-0.

Suggested Readings

- Cooper, T.G. (2011). The Tools of Biochemistry (2nd ed.), Wiley-Interscience Publication (New Delhi); ISBN: 13:9788126530168.
- Freifelder, D. (1982). Physical Biochemistry: Applications to Biochemistry and Molecular Biology, (2nd ed.), W.H. Freeman and Company (New York); ISBN:0-7167-1315-2 / ISBN:0-7167-1444-2.

3. Teaching Learning Process and Assessment Methods

Facilitating the Achievement of Course Learning Outcomes**

Unit No.	Course Learning Outcomes	Teaching and Learning Activity	Assessment Tasks
1.	Students will learn about centrifugation, various types of rotors and different applications of centrifugation.	Demonstration of various centrifuges and their working will be explained. Teaching will be conducted using black board and power-point presentation mode.	Various analytical problems will be assigned to students related to centrifugation to improve their understanding.
2.	Students will learn the principle and applications of various chromatographic techniques like paper, thin layer, gel filtration, ion exchange and affinity chromatography.	Teaching will be conducted using black board and power-point presentation mode. Group discussions and quizzes will be conducted in the class.	Practical exercises will be designed whereby the students get hands-on experience with these chromatography techniques. Internal assessment tests will be conducted.
3.	Students will learn about electrophoresis, its principle and applications in analysing proteins and nucleic acids.	Teaching will be conducted using black board and power-point presentation mode. Oral discussion sessions in the class.	Various analytical problems will be assigned to students related to electrophoretic separation.
4.	Students will learn about the principle and applications of UV-visible spectroscopy.	Teaching using chalk and board. Oral discussion sessions in the class and use of power-point presentations.	Problems will be assigned related to Beer's and Lambert's law to test the understanding of students. Internal assessment tests will be conducted.

(**Assessment tasks enlisted here are indicative in nature)

4. Keywords

Centrifugation, Chromatography, Electrophoresis, Spectrophotometry, Proteins and Nucleic acids.

GENERIC ELECTIVES (GE-3)

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
		Lecture	Tutorial	Practical/ Practice		
Public Health Biology	04	02		02	-	-

Learning Objectives

The present course attempts to provide an interdisciplinary understanding of public health issues in India with a more detailed understanding of the areas pertaining to biological science and epidemiology. Some overview of the social aspects that impact public health will also be discussed and the statistical analysis of public health data will be taught in the practical. The specific objectives of the course are to provide a basic understanding of the scope of public health issues, particularly related to policies on public health, public health nutrition, infectious biology and sanitation, social and preventive medicine, and the environmental issues that affect public health. The practical exercises aim to provide hands-on training in epidemiology and collection of primary and secondary data relevant to public health issues. It also hopes to generate a discussion platform that would encourage a healthy inter- and multidisciplinary interaction amongst the students to get a holistic view of public health. A mini research project on any relevant topic related to public health will be taken up after completing the theory and practical components of the course. Being interdisciplinary in its nature and scope, the course will be equally engaging and beneficial for students of all subject streams. After completing the course, the students can also apply for some higher-level courses in different areas of public health as the course helps in building a basic understanding on different aspects related to public health.

Learning outcomes

- Students will get a holistic overview of the interdisciplinary nature of Public health
- They will understand public health issues in India particularly related to Malnutrition, sanitation issues and related burden of infectious disease, and the role of pollution as a public health concern.
- The students will also get an understanding of the public policies applicable and implemented in India.
- They will also be able to appreciate the social aspects that govern many public health issues and implementation of policies
- The students will get hands-on training in epidemiology, preparation of questionnaire and collection of primary and secondary data relevant to public health issues.
- They will also learn to present the relevant data after subjecting it to statistical analysis.

B.Sc. (HONOURS) BIOCHEMISTRY (NEP STRUCTURE)
BCH-GE-3 : PUBLIC HEALTH BIOLOGY

2.2 Course Contents

Theory

Credits: 2

Total weeks : 15

Unit 1: Understanding public health issues (2 weeks)

Conceptual understanding of public health, terminology, public health- multidimensional problem with Delhi as an example (air pollution, stress, sanitation, urbanization and socioeconomic inequalities) Policies on public health- factors affecting making and implementation of these policies.

Unit 2: Public Health Nutrition (5 weeks)

Understanding public health nutrition? Basic nutrition concepts, problems of malnutrition and toxicities, Application of nutrition concepts to design programs of public health concern, focussed on improving or maintaining the optimal health of general populations and targeted groups. Programs that will help prevent ill-health due to over or under nutrition. Mid-day meals in schools

Unit 3: Infectious biology and sanitation (3 weeks)

Defining communicable diseases. Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease-causing) bacteria, viruses, parasites, and fungi. Precautions, prevention strategies and programs for control; sanitation, Swachh Bharat.

Unit 4: Environmental Health & Community Health (5 weeks)

Determinants of Environmental Health: factors that affect environmental health; Occupational environment and health concerns; Understanding effect of air, water and soil Pollution on health.

Understanding the definition of community health, Determinants of community health; Define and manage the health problems of the community, Plan, implement and evaluate various health programs of General Health, Reproductive health, Maternal health, Family Welfare and Disease control / eradication.

Lifestyle disease or non-communicable diseases- consequence of imbalanced nutrition, environmental and psychological stresses; Etiology and management of diseases like Obesity, Diabetes mellitus, Cardiovascular disorders, sleep disorders and psychological eating disorders. Preventive health checkups (PHC)- important parameters/biomarkers; relevance of PHC in health and disease prevention/early diagnosis

2.3 Practical:

Credits: 2

Total weeks : 15

1. Assessment of nutritional status using anthropometric indices
2. Assessment of Nutritional status by a survey of clinical and non-invasive biochemical parameters.
3. To determine the potability of water using, pH, BOD, COD and MPN of the water sample from different sources.
4. Collecting secondary data on AQI from different areas and correlate with health indices in that area.
5. Understanding epidemiology: Collection, generation, and analysis of public health data. Application of statistical tools to analyze and present public health data.
6. Case study of a disease (Nutritional, infectious and lifestyle) along with the public health issues associated with that disease.
7. Field visits to nearby health care center to understand health checkups and collect some data on the rate of a particular disease over past few months or years.
8. Data collection from public domain with analysis.

2.4 Essential reading:

1. Aschengrau A, Seage G.R., (2013) Essentials of Epidemiology in Public Health Jones and Bartlett Publishers, Inc; 3rd edition
2. Bamji MS, Rao NP, Reddy V. (2017). Textbook of Human Nutrition. (4th ed). Delhi: Oxford and IBH Publishing Co. (P) Ltd.
3. Soil Microbiology by N.S. Subba Rao. 5th edition. Medtech, India. 2017.
4. Environmental Microbiology edited by I.L. Pepper, C.P. Gerba, T.J. Gentry. 3rd edition. Academic Press, USA. 2014.

Suggested readings:

1. Sullivan. L.M. (2017) Essentials of Biostatistics in Public Health. Jones and Bartlett Publishers, Inc; 3rd edition.
2. Gibney et al. (2004). Public health nutrition. Hoboken, NJ: Blackwell Publishing
3. N. Okafor. (2011) Environmental Microbiology of Aquatic and Waste Systems by Springer, USA.
4. Waste Water Microbiology by D.H. Bergey. 2nd Edition. Medtech, India. 2019.

3. Teaching Learning Process and Assessment Methods

Facilitating the Achievement of Course Learning Outcomes**

Unit No.	Course Outcomes	Learning	Teaching and Learning Activity	Assessment Tasks
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I	Students will be introduced to the term public health. They will gain insight into the significance of the multidimensional problem of public health with an example. They will also understand policies on public health.	Teaching will be conducted both through black board mode and power point presentation mode. Discussions will be conducted on Delhi's problems including air pollution, stress, sanitation, urbanization and socioeconomic inequalities.	Students will be taken to field visits to understand public health. Students shall be asked to collect, generate, analyze and present public health data. Also they shall be given questions that are application based and require analytical skills. Quizzes will be held to gauge their conceptual understanding.
II	Students will be introduced to public health nutrition. They will gain insight into basic nutritional concepts along with problems of malnutrition and toxicities. They will also understand the policies that operate in India that try to ensure adequate nutrition to all like mid-day meals in schools.	Classical chalk and board teaching, oral discussions and power point presentation whenever needed. Students shall design programs of public health concern, focused on improving or maintaining the optimal health of general populations and targeted groups.	Students will be asked to design and analyze various programs to public health nutrition. Open book tests will be held to promote self-learning. Practical related oral questions will be asked.
III	Students shall gain insight of various communicable diseases. Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by various pathogens.	Teaching will be conducted both through black board mode and power point presentation mode. Discussions on sanitation measures being implemented and the ongoing Swachh Barath action plan will introduced and analyzed.	Regular class question-answer sessions. Students will be asked to prepare PowerPoint presentations as well as case study on any communicable disease and pathogenic species. Internal assessment tests will be conducted. Discussions using case studies will be conducted.

IV	Understand the determinants of Environmental Health. Gain knowledge about community health. Understand the etiologies and management of various lifestyle disease or non-communicable diseases.	Teaching will be conducted through black board and power point presentation. Useful video clips will be shown for better clarity. Practical knowledge to assess portability of water using, pH, BOD, COD and MPN of the water sample from different sources shall be imparted. Also secondary data collection like AQI levels will be conducted.	Case studies of lifestyle diseases shall be done. Field visits to nearby health care centers and data collection from public domain with analysis shall be done. Regular oral evaluation will be done. Internal assessment tests will be conducted
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(**Assessment tasks enlisted here are indicative in nature)

4. Keywords

Public health, community health, environmental health, public health nutrition, Lifestyle diseases, communicable disease, epidemiology

GENERIC ELECTIVES (GE-4)

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
		Lecture	Tutorial	Practical/ Practice		
Protein and Enzymes	04	02		02	-	-

Learning Objectives

The objective of this course is to provide an overview of protein biochemistry to undergraduate students with diverse science backgrounds, since proteins are the most versatile functional entities in life with applications in various life sciences research as well as in industry and biomedicine. The biochemical, structural, functional and aspects of interaction of proteins will be introduced in this course. The course also aims to provide knowledge about enzyme kinetics, regulation of enzyme activity and diverse applications of enzymes in disease diagnosis and therapy as well as in industry.

Learning outcomes

On successful completion of the course students will be:

- Familiar with unique features and characteristics of proteins.
- Aware of the relationship between three-dimensional structure of proteins and their functions.
- Gain insight into the thermodynamic and molecular basis of catalysis by enzymes and the underlying basis of their specificity.
- Understand the kinetics of enzyme catalyzed reactions and clinical importance of enzyme inhibitors.
- Also learn to appreciate how enzymes are regulated and the physiological importance of enzyme regulation in the cell.
- Gain insight into the applications of enzymes in research and medicine.

B.Sc. (HONOURS) BIOCHEMISTRY (NEP FRAMEWORK)
BCH-GE- 4: PROTEINS AND ENZYMES

2.2 Course Contents

THEORY

CREDITS: 2

TOTAL WEEKS: 15

UNIT I: Introduction to proteins (4 weeks)

Amino acids and their properties. Peptides and their biological significance - hormones, antibiotics and growth factors. Diversity of proteins and their functions. Conjugated proteins, multimeric proteins and metalloproteins. Organization of protein structure - primary, secondary, tertiary and quaternary structures. Bonds in protein structures - covalent and non-covalent. Dihedral angles. Ramachandran map, Secondary structure - alpha-helices, beta-strands, beta-sheets and turns.

UNIT II: Three-dimensional structures and protein folding (3.5 weeks)

Characteristics of tertiary and quaternary structures. Structure-function relationship in proteins. 3D structures of globular and fibrous proteins – myoglobin, hemoglobin, collagen and keratin. Protein folding - denaturation and renaturation (Ribonuclease A). Role of chaperones. Protein misfolding diseases - Alzheimer's and Cruetzfeldt-Jakob disease.

UNIT III: Introduction to enzymes and enzyme kinetics (4 weeks)

General characteristics of enzymes; nature of enzymes - protein and non-protein. Cofactor and prosthetic group, apoenzyme, holoenzyme. Classification and nomenclature of enzymes. Catalytic power and specificity of enzymes (concept of active site), Fischer's lock and key hypothesis, Koshland's induced fit hypothesis. Relationship between initial velocity and substrate concentration, equilibrium constant, steady state kinetics. Michaelis-Menten equation, K_m and V_{max} , Lineweaver-Burk plot. Enzyme inhibition, reversible inhibition

(competitive, uncompetitive, non-competitive and mixed) and irreversible inhibition. Examples - FdUMP and penicillin.

UNIT IV: Regulation of enzyme activity and applications of enzymes (3.5 weeks)

Control of activities of single enzymes and metabolic pathways: feedback inhibition, allosteric modulation (aspartate transcarbamoylase). Regulation by reversible covalent modification (glycogen phosphorylase). Zymogens (chymotrypsinogen). Enzymes as reagents (glucose oxidase), marker enzymes in diagnostics (SGPT, SGOT); Enzyme therapy (streptokinase); Enzymes in research (Taq polymerase, restriction endonucleases).

PRACTICALS

CREDITS: 2

TOTAL WEEKS : 15

1. Estimation of proteins by Biuret method.
2. Estimation of proteins by Lowry's method.
3. Determination of isoelectric pH of casein.
4. Determination of activity of an enzyme by continuous assay.
5. Determination of activity of an enzyme by discontinuous assay.
6. To plot a progress curve for an enzyme.
7. Determination of K_m and V_{max} of an enzyme using Lineweaver-Burk plot.

2.3 Essential Readings

1. Nelson, D.L., Cox, M.M. (2017). *Lehninger: Principles of Biochemistry* (7th ed.). New York, WH: Freeman and Company. ISBN13: 9781464126116, ISBN10: 1464126119
2. Stryer, L., Berg, J., Tymoczko, J., Gatto, G. (2019). *Biochemistry* (9th ed.). New York, WH: Freeman ISBN-13: 9781319114671
3. Voet. D., Voet. J.G. (2013) *Biochemistry* (4th ed.). New Jersey, John Wiley & Sons Asia Pvt. Ltd. ISBN : 978-1-11809244-6.
4. 2. Nicholas, C.P., Lewis, S. (1999). *Fundamentals of Enzymology* (3rd ed.). New York, Oxford University Press Inc. ISBN:0 19 850229 X.

Suggested Readings

1. Whitford, D. (2004). *Protein Structure and function*. Southern Gate, Chichester, West Sussex: John Wiley & Sons, Inc. ISBN-13: 978-047149894 ISBN-10: 0471498947.
2. Schulz, G.E., Schirmer, R.H. (1979). *Principles of protein structure*. Springer, ISBN 978-1-4612- 6137-7.

3. Teaching Learning Process and Assessment Methods

Facilitating the Achievement of Course Learning Outcomes**

Unit No.	Course Learning Outcomes	Teaching and Learning Activities	Assessment Tasks
I	Students will gain knowledge about the building blocks of proteins i.e. amino acids and	Students will be taught using power point presentations, chalk and	Oral questions will be asked in the class. Assignment and tests

	understand about the structural organization of proteins.	board. In class oral discussion sessions will be conducted.	will be given.
II	Students will understand about the characteristics of tertiary and quaternary structures, 3D structure of Hemoglobin and Myoglobin. They will also understand the concept of protein folding (denaturation and renaturation).	They will be taught using power point presentations, chalk and board. The use of E-learning through online Web and Video courses will be included.	Internal assessment will be done on the basis of quiz and class tests.
III	Knowledge about the basic properties and characteristics of enzymes and their action; insights into the factors affecting enzyme activity. Students will learn about the kinetics of enzyme catalyzed reactions and bisubstrate reactions	Historical perspectives; Powerpoint presentations; Teaching using chalk and board method	Oral questions will be asked in the class. Assignments to classify enzymes, determine specific activity and reaction rates
IV	Students will learn how enzymes are regulated and the importance of enzyme regulation in the cellular context. Detailed knowledge of the various applications of enzymes in medicine and research	Teaching using chalk and board method along with powerpoint presentations and video tutorials	Problems will be assigned to test student's analytical ability; Students will discuss methods of regulation in groups

(**Assessment tasks enlisted here are indicative in nature)

4. Keywords

Proteins, Enzymes, Protein structure, Protein folding, Enzyme kinetics, Enzyme regulation

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

GENERIC ELECTIVES (GE-5)

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
		Lecture	Tutorial	Practical/ Practice		
Nutrition and Food Science	04	02		02	-	-

Learning Objectives

The course aims to provide the basic knowledge of food and its importance in nutrition. The students will understand the importance of a balanced diet and the association of life style disorders with unhealthy food eating habits. They will be able to understand the concept of under and over nutrition and the deficiency diseases that result due to deficiency of micronutrients in diet.

Learning outcomes

Students will learn about

- The importance of food in our life
- How food is spoiled and learn about some common food borne diseases/ food allergies
- The functions of macro and micronutrients in our body
- The diseases associated with malnutrition/ overnutrition and deficiency diseases

B.Sc. (HONOURS) BIOCHEMISTRY (NEP STRUCTURE) BCH-GE-5 : NUTRITION AND FOOD SCIENCE

2.2 Course Contents

Theory

**Credits: 2
15**

Total weeks :

Unit 1 –Basics of Food Science and Nutrition (2.5 weeks)

Definition of Food, Nutrition, Nutrient, Nutritional status

Energy value of foods, determination, physiological fuel values, SDA of foods, BMR & RMR, factors influencing BMR. Recommended allowance-RDA for Indians, basis for requirement, energy allowance for different growth pattern of children, energy allowance for various activities and different age groups

Balanced diet, fad diets

Unit 2– Macronutrients (5 weeks)

Introduction to macronutrients and their function, digestion, absorption and assimilation of carbohydrates, lipids and proteins, Glycemic response and glycemic index of foods, dietary fiber- types, properties, sources and its role, importance of essential fatty acids, their requirements and deficiency, role & nutritional significance of PUFA, MUFA, SFA, omega-3/omega 6 fatty acid, essential amino acids, dietary protein quality- PER, NPU, BV, chemical score and PDCAAS. Factors affecting protein bio-availability including anti-nutritional factors, protein toxicity, amino acid complementation and Supplementation in foods

Unit 3 – Micronutrients

(5 weeks)

Fat soluble vitamins: Sources, physiological importance and deficiency diseases

Water soluble vitamins: Sources, physiological importance and deficiency diseases

Minerals: Sources, physiological importance and diseases due to excess or deficiency of Ca, P, Na, K, Fe, Zn, S, Mg, Se, Cu.

Unit 4 – Food and Health weeks)

(2.5

Food as medicine: medicinal value of functional foods such as garlic, ginger, turmeric, tulsi, fenugreek, ajwain, aloe vera, moringa, role of Gut microbiome in maintaining health, pre and probiotics, various types of food additives: emulsifiers, preservatives and food colors, benefits and risks associated with these, food allergies, food spoilage, food poisoning, food borne diseases, Cholera, Hepatitis, Typhoid, Botulism

2.3 Practicals

Credits: 2

Total weeks : 15

1. Analysis of food labels for the presence of nutrients and other additives.
2. Estimation of carbohydrate content in food
3. Degree of unsaturation of any three different oils using Bromine test
4. Acid value / peroxide value of oil
5. Estimation of vitamin E / vitamin C in food
6. Morphological identification of important yeast and mold in foods (slides and culture)-
7. Assessment of diet chart for the presence/absence of nutrients
8. Case studies: PEM (Marasmus and Kwashiorkor), Diabetes, Obesity, Vitamin and mineral deficiency

2.4 Essential readings:

1. Mahan, L.K., Strings, S. E., Raymond, J. (2012) *Krause's Food and Nutrition Care process*. Elsevier's Publications. ISBN: 978-1-4377-2233-8.
2. Rosalind Gibson (2005). *Principles of Nutritional Assessment*. Oxford University Press. ISBN: 978019517169
3. Nelson, D.L., Cox, M.M. (2017). *Lehninger: Principles of Biochemistry* (7th ed.). New York, WH: Freeman and Company. ISBN13: 9781464126116, ISBN10: 1464126119
4. Vasudevan, D.M., & Das, K.S. (2020). *Practical textbook of biochemistry for medical students* (3rd ed.). Jaypee Brothers Medical

Suggested readings:

1. Practical Biochemistry, Damodaran Geetha K, Jaypee Brothers Medical Publishers Private Limited; 1st edition (1 January 2011), ISBN: 9789350251416, 9789350251416
2. Plummer, D.T. (1998) *An Introduction to Practical Biochemistry* (3rd ed.), Tata McGraw Hill Education Pvt. Ltd. (New Delhi); ISBN: 13: 978-0-07-099487-4 / ISBN:10: 0-07-099487-0.
3. Malik, D., Narayanasamy, N., Vavilala, P., Takur, J., Sinha, N., (2022). Textbook of Nutritional Biochemistry. Springer Singapore, ISBN978-981-19-4149-8.

4. Coombs Jr. G.F., (2008). *The vitamins, Fundamental aspects in Nutrition and Health*. Elsevier's Publications. ISBN-13- 978-0-12- 183493-7.
5. Devlin, T. M., (2011). *Textbook of Biochemistry with Clinical Correlations*. John Wiley & Sons, Inc. (New York), ISBN: 978-0-4710-28173-4.

3. Teaching Learning Process and Assessment Methods

Facilitating the Achievement of Course Learning Outcomes**

Unit No.	Course Learning Outcomes	Teaching and Learning Activity	Assessment Tasks
I	Students will be taught the importance of food and balanced diet and the energy values associated with food	Teaching will be conducted both through black board mode and power point presentation mode. The students will be asked to make a note of their diet and the calories associated with the food intake	Students will be asked questions related to the topic and class discussion will be held
2	Students will learn about the macronutrients in diet and how they are digested and assimilated, the importance of micronutrients in health will be discussed	Teaching will be conducted both through black board mode and power point presentation mode. The students will perform some practical to determine macronutrients in food	Assignment will be given
3	Students will learn about the role of Ca, P, Fe, Zn etc in the diet	Teaching will be conducted both through black board mode and power point presentation mode. The students will perform some practical to determine micronutrients in food	Quiz and classroom discussions will be held, they will be asked to present a paper
4	They will learn about the importance of food as medicine and about food spoilage, food allergies, food poisoning, pro/prebiotics	Teaching will be conducted both through black board mode and power point presentation mode.	Mid semester test will be held and assignments will be given

(**Assessment tasks enlisted here are indicative in nature)

4. Keywords:

Food, Nutrition, macronutrients, micronutrients, food as medicine, food spoilage, food allergies

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.