

DEPARTMENT OF HOME ECONOMICS
Smt Sindhutai Jadhao Arts and Science Mahavidyalaya, Mehkar
 B.A. II SEMESTAR III

Unit 1	
Introdution of food science and nutrition	https://www.youtube.com/watch?v=wHDbtYuppeA
malnutrition	https://www.youtube.com/watch?v=3Puf3jZiHCs
food funtions	https://www.youtube.com/watch?v=eO4u_A-6cHM&t=15s
nutritional status	https://www.youtube.com/watch?v=Vzfz09pjQZc
nutrients	https://www.youtube.com/watch?v=ABJ1faO3HEO
importance of nutrition	https://www.youtube.com/watch?v=FYBbtIsXY7c
unit 2	
fats	https://www.youtube.com/watch?v=kL8VmHTymLI
clasification of fats	https://www.youtube.com/watch?v=NMZqc8xlfek
functions of food	https://www.youtube.com/watch?v=cO9ak73VWG4
carbohydrats	https://www.youtube.com/watch?v=uu_ehbKwADk
classification of carbohydrates	https://youtu.be/ibDv2G53Rv8
functations of carbohydrates	https://www.youtube.com/watch?v=8yFYRhqTdlw
cereals	https://www.youtube.com/watch?v=m-mkNd4Nkoc
oil and oilseeds	https://www.youtube.com/watch?v=LPq5vDit6uE
milk and milk product	https://www.youtube.com/watch?v=JCycUjQfJLc
UNIT 3	
Protein	https://www.youtube.com/watch?v=I-faxn4LFQs
pulses and Legumes	https://www.youtube.com/watch?v=Whzh6KKI4Lk
Eggs	https://www.youtube.com/watch?v=TLsZHirDKXY
Meat	https://www.youtube.com/watch?v=68WnGhAL-OU
Fish	https://www.youtube.com/watch?v=n0mVEUCgdng
poultry	https://www.youtube.com/watch?v=5KLYTA2yEuE
UNIT 4	
Vitamins	https://www.youtube.com/watch?v=1b_1xGBt_70
Calcium	https://www.youtube.com/watch?v=jZnwPo9eprs
Phosphorus	https://www.youtube.com/watch?v=7K1ztIqmn4k
Sodium Chloride	https://www.youtube.com/watch?v=IVsoqn684nA
Iodine	https://youtu.be/mNjv5xH6lXg?t=13
Iron	https://www.youtube.com/watch?v=HYvD5vkCryl
Copper	https://www.youtube.com/watch?v=OjrUBHE1iAQ
Fruits and vegetables	https://www.youtube.com/watch?v=FTofB5G7e2c
Water	https://www.youtube.com/watch?v=Eu3FjH1gByo
UNIT 5	
Importance of balance diet	https://www.youtube.com/watch?v=5t98HRgWYCI
Balanced diet	https://www.youtube.com/watch?v=ERo4S7MFiHs
Factors affecting on balanced diet	https://www.youtube.com/watch?v=DolZzZbOIPA
Principals of meal planing	https://www.youtube.com/watch?v=r_W2XMu94Mg
Meal planing for pregnent women	https://www.youtube.com/watch?v=S2JGmQJJoY
Meal planing for breastfedding mather	https://www.youtube.com/watch?v=hzcFuWnyLU8

Meal planing for school children	https://www.youtube.com/watch?v=WewYEplpyb8
PRACTICALS	
weights and measures	https://www.youtube.com/watch?v=2B-vuQwvZR8
green chilly pickle	https://www.youtube.com/watch?v=06EYJzWmTZc
lemon pickle	https://www.youtube.com/watch?v=X2szWXE-EtU
masala	https://www.youtube.com/watch?v=Wth-UZhIYg0
Gravies	https://www.youtube.com/watch?v=v88u7vNfJTE
uttappa	https://www.youtube.com/watch?v=2IMWIViah88
Sambar wada	https://www.youtube.com/watch?v=V3RLMcOLYXQ
pudachi vadi	https://www.youtube.com/watch?v=63o-jauGuKc
Dahiwada	https://www.youtube.com/watch?v=L53psTkSew8
CHOLE BHATURE	https://www.youtube.com/watch?v=VT20259dQMs
Gulabjamun	https://www.youtube.com/watch?v=UEm3X99wY0s