



GOVERNMENT OF TAMIL NADU

HIGHER SECONDARY FIRST YEAR
NUTRITION AND DIETETICS

A publication under Free Textbook Programme of Government of Tamil Nadu

Department of School Education

Untouchability is Inhuman and a Crime

Government of Tamil Nadu

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NOT FOR SALE

Content Creation



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Introduction	The subject to be discussed in the lesson is introduced
 Role of Ingredients	The usage of food ingredients in cookery is explained
Text Book	This text book provides a tiny spark of information that ignites a mighty flame of knowledge in children.
 Message Box	Gives information in short and crisp form and definitions also
 Do You Know?	Provides additional information related to the subject in boxes to stir up the curiosity of students
 Activity	For self-study and self evaluation
 QR Code	Given to make content more interesting and dynamic in nature to enhance the thinking skills
 ICT Corner	The access to digital resources on the content through a series of linkage in a specialised app. This provides scope for students things which are inaccessible to them
Summary	Describes the main points briefly in bullets for recapitulation
 Glossary	The highlighted key terms at the end of the lesson for conceptual clarity
 Reference	References and web resources have been provided for getting additional information





Career Guidance

Professional Courses

MB.B.S BDS
B.Sc Agri BNYS
B.Pharm
B.Sc Nursing
B.Sc Physiotherapy
B.VSc

Degree Courses

- 1.B.Sc Nutrition Foods Service Management and Dietetics
- 2.B.Sc Clinical Nutrition and Dietetics
- 3.B.Sc Interior Design and Decoration

Science Based

B.Sc . Physics
B.Sc . Chemistry
B.Sc . Botany
B.Sc . Zoology
B.Sc . Bio informatics
B.Sc . Psychology



Diplomo Courses

- 1.Nutrition and Health Education
- 2.Nutrition and Dietetics
- 3.Food Science and Nutrition
- 4.Interior Design
- 5.Lab Technician

Arts Based

B.A . Tamil
B.A . English
B.A . Tourism
B.A . Visual
B.A . Journalism

Higher Studies

M.Sc - Foods and Nutrition
M.Sc- Food Service Management and Dietetics
M.S.W - Master of Socialwork
B.Ed - Bachelors of Education
M.Phil & Phd

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NUTRITION AND DIETETICS

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E-Book



Assessment



DIGI Links



Let's use the QR code in the text books!

- Download DIKSHA app from the Google Play Store.
- Tap the QR code icon to scan QR codes in the textbook.
- Point the device and focus on the QR code.
- On successful scan, content linked to the QR code gets listed.

Note: For ICT corner, Digi Links QR codes use any other QR scanner.

