



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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Research and Training

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## Printing & Publishing



Tamil Nadu Textbook and Educational  
Services Corporation

[www.textbooksonline.tn.nic.in](http://www.textbooksonline.tn.nic.in)



<b>Introduction</b>	The subject to be discussed in the lesson is introduced
 <b>Role of Ingredients</b>	The usage of food ingredients in cookery is explained
<b>Text Book</b>	This text book provides a tiny spark of information that ignites a mighty flame of knowledge in children.
 <b>Message Box</b>	Gives information in short and crisp form and definitions also
 <b>Do You Know?</b>	Provides additional information related to the subject in boxes to stir up the curiosity of students
 <b>Activity</b>	For self-study and self evaluation
 <b>QR Code</b>	Given to make content more interesting and dynamic in nature to enhance the thinking skills
 <b>ICT Corner</b>	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
<b>Summary</b>	Describes the main points briefly in bullets for recapitulation
 <b>Glossary</b>	The highlighted key terms at the end of the lesson for conceptual clarity
 <b>Reference</b>	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.

