

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

۲

Government of Tamil Nadu

First Edition - 2018

Revised Edition - 2019, 2020

(Published under New Syllabus)

NOT FOR SALE

Content Creation



۲

State Council of Educational Research and Training © SCERT 2018

Printing & Publishing



Tamil NaduTextbook and Educational Services Corporation

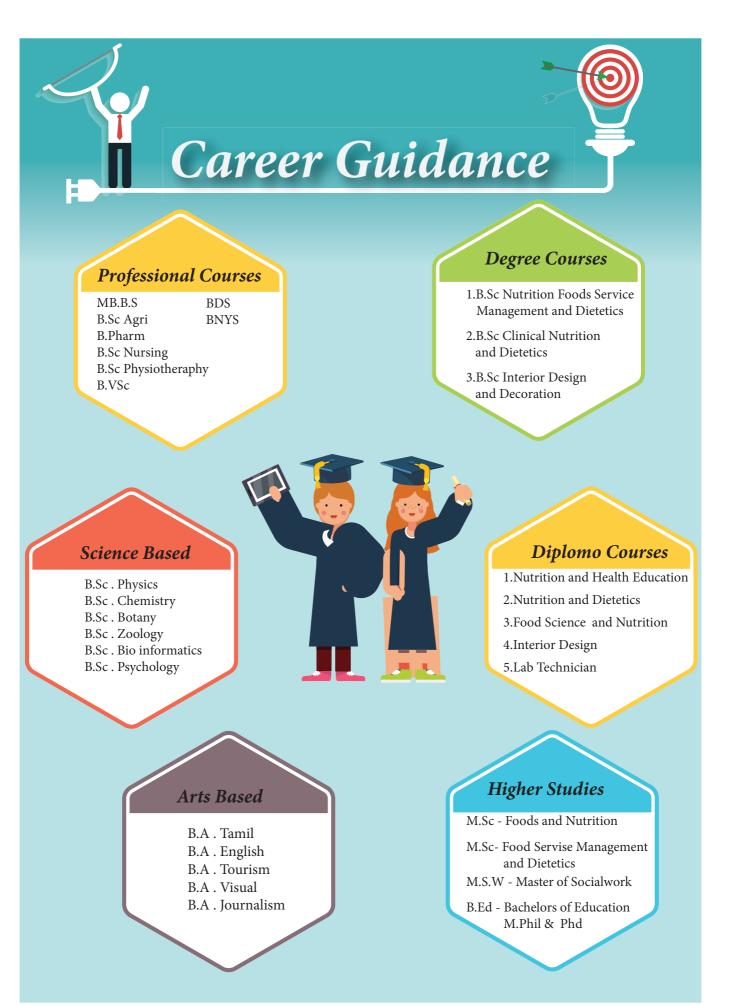
www.textbooksonline.tn.nic.in

۲

	HOW TO USE THE BOOK?
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 mightly 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
回演日 後年日 回新日 回新日	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
A-Z 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

۲

۲



IV

۲

CONTENTS

NUTRINON AND DIFTETICS

۲

UNIT	Title	Page No.	Month
1	Introduction to Food	1	June
2	Cereals and Pulses	23	June
3	Vegetables and Fruits	42	July
4	Flesh Foods, Milk and Milk Products	55	July
5	Nuts Oil Seeds and Sugar	74	August
6	Spices, Food Additives and Food Adulteration	90	August
7	Recent Concepts in Nutrition	108	September
8	Introduction to Nutrition Science	119	October
9	Carbohydrates and Energy	132	October
10	Proteins and Lipids	148	November
11	Vitamins, Minerals and Water	172	November
12	Nutrition Intervention Programmes and Policies	205	December
	Nutritiion & Dietetics - Practical	218	
	Glossary	237	
	References	239	











- 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.



DIGI Links

۲

۲



VI