



HIGHER SECONDARY SECOND 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

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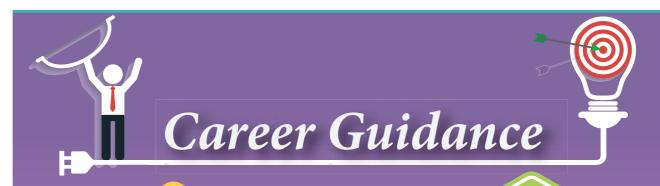


HOW TO USE THE BOOK?

Introduction	The subject to be discussed in the lesson is introduced		
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		
QR Code	Given to make content more interesting and dynamic in nature to enhance the thinking skills		
e e de la lette 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		







Professional Courses

MB.B.S BDS B.Sc Agri BNYS

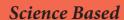
B.Pharm B.Sc Nursing

B.Sc Physiotheraphy

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



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 Servise Management and Dietetics

M.S.W - Master of Socialwork

B.Ed - Bachelors of Education M.Phil & Phd



NUTRITION AND DIETETICS

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Assessment





Nutrition and DieteticsTheory



