



REPORT ON NUTRITION PRACTICAL

F. Y. G.N.M. (2018-19)



DATE :- 07/02/2019 to 08/02/2019

TIME : 8.00 AM – 1.00PM

VENUE : Nutrition Lab

Evaluatory Teachers-

1. Dr. Mrs. Anita Navale
2. Dr. Veena Sakhardande
3. Dr. Bhagyashri Jogdeo
4. Dr.Sujita Devi

At the end of the Practical Student will able

1. Know the different types of Diet given to Patient.
2. To know the high calorie Diet.

On 7th & 8th February'19, We 50 Students of F.Y.G.N.M attended a Nutrition Practical. The main objective of the practical was to learn the nutritive value of food and to learn how to given patient food according to their health condition.

First day:-

On day 1, the type of diet was liquid diet which was prepared by 17 students. This type of diet includes-

1. Coffee
2. Barley Water
3. Oral dehydration solution
4. butter milk
5. Beverages
6. Albumin Water.
7. Fruit juices
8. Whey water
9. Vegetable soup
10. Tomato soup
11. Dal soup
12. Palak soup
13. Carrot soup
14. Non.veg soup
15. Liver soup
16. Chicken soup
17. Mixed vegetable soup

Second day:-

On day 2, the type of diet was soft diet, solid diet and full dirt, which was prepared by 23 students. This type of diet includes-

Soft diet-

- Egg custard
- Half boiled egg
- Full boiled egg
- Poached egg
- Simple omelet
- Porridges
- kanji
- Ragi
- Suji
- Bajra
- Curd
- Oate

Solid diet-

- khichadi
 - steam rice
 - multi grain
- mixed chikki
- laddoo
- idli
- pulses
- mixed salad

Full diet-

- thalipith





The overall learning & Experience of the practical was good, the experienced teachers, who showed their valuable guidance to the students.