



### Weekly Teaching Plan

**Subject Title** : Human Nutrition  
**Subject Code** : GHU 7093  
**Semester** : 28/11/2024 - 06/3/2025  
**Lecturer** : Rosnani Bt Che Awang @ Abdul Hanan

Week	Date	Topic	Hours	Remarks
1	28/11/2024	Basic of Nutrition	3	
2	05/12/2024	Energy Yielding Nutrition (Carbohydrates)	3	
3	12/12/2024	Energy Yielding Nutrition (Proteins)	3	
4	19/12/2024	Energy Yielding Nutrition (Fats)	3	
5	26/12/2024	Alcohols	3	Test 1 25/12/2024, 9.00 – 10.00 am
6	02/1/2025	Vitamins (Fat-soluble & Water Soluble)	3	
7	09/1/2025	Minerals	3	
8	16/1/2025	Minerals		<b>*CAW 16&amp;17</b>
9	23/1/2025	Energy Balanced & Nutrition	3	
10	30/1/2025	Nutrition Application (Pregnancy)	3	<b>*CNY</b>
11	06/2/2025	Nutrition Application (Infant & Adolescence)	3	Test 2 5/2/2024
11	13/2/2025	Nutrition Application (Adulthood)	3	
12	20/2/2025	Practical Aspect of Nutrition	3	
13	27/2/2025	Practical Aspect of Nutrition	3	
14	06/3/2025	Practical Aspect of Nutrition	3	
<b>Revision Week (10<sup>th</sup> March – 16<sup>th</sup> March 2025)</b> <b>Final Exam (17<sup>th</sup> March - 28<sup>th</sup> March 2025)</b>				

#### Note:

No class will be held on Public Holidays. Please include the public holidays in the weekly teaching plan. The dates for replacement would be fixed after discussion with students.

#### Grading

Test 1	15%
Test 2	15%
Assignment	10 %
Presentation/Quizzes	10%
Final Examination	<u>50%</u>
	<b>100%</b>