

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
						HOLIDAY - EID-UL-ZUHA
2	3	4	5	6	7	8
	HOLIDAY - RAKSHA BANDHAN		MEAL PLANNING: Define and Importance.		Functions of Food- Physiological , Psychological , Regulatory.	
9	10	11	12	13	14	15
	Methods of cooking - Moist heat		HOLIDAY - JANMASHTAMI		Methods of Cooking- dry heat.	HOLIDAY- INDEPENDENCE DAY
16	17	18	19	20	21	22
	Methods of cooking - with fat		Relationship of Food, Health and Disease		Malnutrition - Concept and components.	
23	24	25	26	27	28	29
	Malnutrition - continued.		Define Fibre and yarn- basic introduction		classification of fibre on basis of origin	
30	31	1		3	4	5
	classification of fibre on basis of length.					