

CERTIFICATE COURSE IN FOOD, NUTRITION AND HEALTH

SYLLABUS

DEPARTMENT: DEPARTMENT OF VOCATIONAL STUDIES

NAME OF COURSE: CERTIFICATE COURSE IN FOOD, NUTRITION AND HEALTH

COURSE CODE: CVAC010

TOTAL HOURS: 30

UNIT-I Basic Concepts in Nutrition (10 HOURS)

Basic terms used in nutrition - Understanding relationship between food, nutrition and health - Functions of food-Physiological, psychological and social - Basic food groups and concept of balanced diet.

UNIT- II Nutrients (10 HOURS)

Energy- Functions, sources and concept of energy balance. Functions, Recommended Dietary Allowances, dietary sources, effects of deficiency and/ or excess consumption on health of the following nutrients: Carbohydrates and dietary fibre, Lipids, Proteins, Fat soluble vitamins-A, D, E and K, Water soluble vitamins – Thiamin, Riboflavin, Niacin, Pyridoxine, Folate, Vitamin B12 and Vitamin C and Minerals – Calcium, Iron, Zinc and Iodine

UNIT -III Nutrition during Lifecycle (10 HOURS)

Physiological considerations and nutritional concerns for the following life stages: Adult man / woman, Preschool children, Adolescent children, Pregnant woman, Nursing woman and infant.

REFERENCE

- Srilakshmi B. Nutrition Science; 2012; New Age International (P) Ltd.
- Srilakshmi B. Food Science; Fourth Ed; 2010; New Age International (P) Ltd.
- Manay MS, Shadaksharaswamy. Food-Facts and Principles; 2004; New Age International (P) Ltd.