



COURSE CODE

NAME OF THE COURSE

CVAC010

FOOD, NUTRITION AND HEALTH

OFFERED BY

ABOUT COLLEGE

Vocational Studies

Chirst College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently Collge is house for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

COURSE COORDINATOR

LEARNING OUTCOMES

Ms. Lulu Varghese
Vocational Studies

- To familiarize students with fundamentals of food, nutrients and their relationship to Health
- To create awareness with respect to deriving maximum benefit from available food resources

COURSE MODULE

Module I: Basic Concepts in Nutrition
Module II: Nutrients
Module III: Nutrition during Lifecycle

SYLLABUS

MODULE 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.

MODULE 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

MODULE 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.

