

### Format for developing syllabus for a Co-curricular course

Programme/Class: Certificate	Year: First	Semester: First
Co-Curricular Course		
Course Code:	Course Title: Food and Nutrition	
Course outcomes: <ul style="list-style-type: none"> <li>• To learn the basic concept of the Food and Nutrition</li> <li>• To study the nutritive requirement during special conditions like pregnancy and lactation</li> <li>• To learn meal planning</li> <li>• To learn 100 days Nutrition Concept</li> <li>• To study common health issues in the society</li> <li>• To learn the special requirement of food during common illness</li> </ul>		
Credits: 2	Compulsory	
Max. Marks: 25+75	Min. Passing Marks:	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 2-0-0		
Unit	Topics	No. of Lectures  Total=30
<b>I</b>	Concept of Food and Nutrition (a) Definition of Food, Nutrients, Nutrition, Health, balanced Diet (b) Types of Nutrition- Optimum Nutrition, under Nutrition, Over Nutrition (c) Meal planning- Concept and factors affecting Meal Planning (d) Food groups and functions of food	8
<b>II</b>	Nutrients: Macro and Micro RDA, Sources, Functions, Deficiency and excess of (a) Carbohydrate (b) Fats (c) Protein (d) Minerals Major: Calcium, Phosphorus, Sodium, Potassium Trace: Iron, Iodine, Fluorine, Zinc (e) Vitamins Water soluble vitamins: Vitamin B, C Fat soluble vitamins: Vitamin A, D, E, K (f) Water (g) Dietary Fibre	7
<b>III</b>	1000 days Nutrition (a) Concept, Requirement, Factors affecting growth of child (b) Prenatal Nutrition (0 - 280 days): Additional Nutrients' Requirement and risk factors during pregnancy (c) Breast / Formula Feeding (Birth – 6 months of age) (d) Complementary and Early Diet (6 months – 2 years of age)	8
<b>IV</b>	Community Health Concept (a) Common diseases prevalent in the society and its causes (b) National and International Program and Policies for improving Dietary Nutrition	7

	(c) Nutrition requirement in the following Diabetes Hypertension Obesity Constipation Diarrhea Typhoid (d) Immunity Boosting Food	
<b>Suggested Readings:</b> 1. Singh, Anita, “Food and Nutrition”, Star Publication, Agra, India, 2018. 2. 1000Days-Nutrition_Brief_Brain-Think_Babies_FINAL.pdf 3. <a href="https://pediatrics.aappublications.org/content/141/2/e20173716">https://pediatrics.aappublications.org/content/141/2/e20173716</a> 4. <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5750909/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5750909/</a>		
<b>Suggested Continuous Evaluation Methods:</b> MCQs, Practical Diet/ Meal Planning, assignments Presentations, group Discussion, Case study, Survey		
<b>Suggested equivalent online courses:</b> <a href="https://www.udemy.com/course/internationally-accredited-diploma-certificate-in-nutrition">https://www.udemy.com/course/internationally-accredited-diploma-certificate-in-nutrition</a> Diploma in Human Nutrition-Revised Offered by Alison		
<b>Further Suggestions:</b> .....		