

MANAGED BY JIVAN JYOT TRUST, AMROLI
J.Z SHAH ARTS & H. P. DESAI
COMMERCE COLLEGE, AMROLI-SURAT.

Re-Accredited B++ (CGPA 2.94) BY NAAC (3rd Cycle)


Affiliated To Veer Narmad South Gujarat University, Surat



Certificate Course on
“Certificate Course on Food Nutrition for Healthy Living”

Total Hours: 30 Hrs.



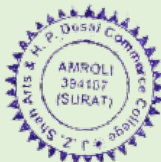

PRINCIPAL
Dr. K. N. CHAVDA
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Values

Integrity, transparency, accountability and credibility are the values we cherish and adhere to in all aspects of dealings with our Students.

Mission

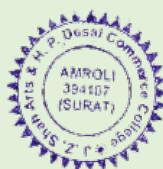
To provide executive coaching and soft skills training in enhancing professionalism which act as a stepping stone and paves the path for a bright future.



Annexure -1
Syllabus

Course Name: Food Nutrition for Healthy Living

Objective of the Course/Program:	<ol style="list-style-type: none">1. Recognise the relationship between food, nutrition, health and hygiene.2. Identify the functions of food.3. Understanding of Communicable or Infectious Diseases, Non-communicable or life style diseases, and Preventive Measures.4. Express the concept of food pyramid and how it aids in consumption of a healthy diet.5. Understand the balanced diet and the importance of certain nutrients and food items during different stages of life.6. How to select the Right food items from each food group?7. To Know About Healthy Lifestyle: Physical Activity, Sleep and Stress Management.8. To Know about Food safety in India, Food hazard, History of food safety, Food safety concepts, FSSAI, Steps to follow while purchasing food.
Pre-requisite:	<ol style="list-style-type: none">1. General knowledge about food, nutrition and hygiene.2. General knowledge about Common Health Problems.3. General knowledge about food, nutrition and hygiene.4. General knowledge about Personal Hygiene.5. General knowledge about Food safety in India.
Expected Outcomes of the Course/Program:	<p>Course takers will be able to</p> <ol style="list-style-type: none">1. Assess nutritional status.2. Preventive measures for better health.3. Identify what lifestyle changes are required for health and wellness.4. Interpret the food labels and make appropriate selection of foods and beverages.5. Identify the medicinal properties of foods and food ingredients.



Weeks	Module	Detail
Week 1	Food, Nutrition, Health and Hygiene – Interrelationships	Introduction, Food – Definition and Functions - Meaning of Nutrition – Health: Definition and Dimensions – Hygiene - Interrelationship between Food, Nutrition, Health and Hygiene - Summary
Week 2	Common Health Problems	Introduction - Communicable or Infectious Diseases - Non-communicable or life style diseases - Preventive Measures - Summary
Week 3	Nutrients in Food - Macronutrients	Introduction – Macronutrients - Carbohydrates – Fats – Proteins – Water – Vitamins - Minerals
Week 4	Balanced diet	Introduction - Dietary guidelines for Indians - Minimum dietary diversity - Food pyramid - Recommended dietary allowances - Importance of diet during different stages of life - Diet for an Infant - Diet for a Growing Child - Diet for Pregnant and Lactating Mother - Diet for an Adult Male & Female - Diet for Elderly - Examples of a Balanced Diet
Week 5	Conserving and enhancing nutritive value of Food	Introduction - Conserving Nutrients - Conserving Nutrients during Food Preparation - Conserving Nutrients during cooking - Moist heat methods - Dry heat methods - Traditional Methods of Enhancing Nutritive Value - Sprouting or Germination – Fermentation - Supplementation and combination - Fortification
Week 6	Food Selection for Health and Fitness- Food Labelling.	Nutrients - Balanced Diet - Dietary guidelines for Indians - Food Groups - Sugar -Classification of Foods Based on Function - Selection of food items from food groups - Food Labelling - Importance of food labels 4. General requirements of a food label
Week 7	Healthy Lifestyle: Eating Behaviour, Physical Activity, Sleep and Stress Management.	Introduction to Healthy Lifestyle - Healthy Eating - Faulty Eating Habits - Physical Activity – Sleep - Stress Management.
Week 8	Malnutrition	Introduction - Different types of Malnutrition - Protein Energy Malnutrition (PEM) - Factors influencing Undernutrition - Impact of Undernutrition - Strategies to Combat Undernutrition - Micronutrient Deficiencies (MDD) - Vitamin A Deficiency (VAD) - Iodine Deficiency Disorders (IDD) - Prevention and Control of Iodine Deficiency Disorder (IDD) - Over nutrition
Week 9	Personal Hygiene	Introduction – Hygiene - Personal Hygiene - Body Image - Psychological Aspect - Good Grooming Habits – Hair - Teeth and mouth - Hand washing - Trim nails - Bathe regularly - Adequate sleep - Rest and Reduction – Sanitation - Faulty personal habits.
Week 10	Food safety	Food safety in India - Food hazard - History of food safety - Conclusion



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