

Co-Curricular Course

Department of Higher Education
U.P. Government, Lucknow

SPM 1st to 6th



National Education Policy-2020
Common Minimum Syllabus for all U.P. State Universities

Co-curricular course: Semester-I

Course Title: Food, Nutrition and Hygiene

Name	Designation	Affiliation
Steering Committee		
Mrs. Monika S. Garg, (I.A.S.), Chairperson Steering Committee	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. Poonam Tandan	Professor, Dept. of Physies	Lucknow University, U.P.
Prof. Hare Krishna	Professor, Dept. of Statistics	CCS University Meerut, U.P.
Dr. Dinesh C. Sharma	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.

Syllabus Developed by:

S. No.	Name	Designation	Department	College/ University
1	Dr. Nitu Singh Subject Expert	Associate Professor	Home Science	H.N.B.G.P.G.College, Naini, Prayagraj
2	Dr. Shivani Verma Subject Expert	Associate Professor	Home Science	K.M.G.G.P.G.College, Badalpur, G.B.Nagar

Programme /Class: Certificate	Year: First	Semester: First
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Co-Curricular Course

Course Code: Z010101T **Course Title: Food, Nutrition and Hygiene**

Course outcomes:

- To learn the basic concept of the Food and Nutrition
- To study the nutritive requirement during special conditions like pregnancy and lactation
- To learn meal planning
- To learn 100 days Nutrition Concept
- To study common health issues in the society
- To learn the special requirement of food during common illness

~~MODEL PATTERN~~

SYLLABUS

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
I	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
II	Nutrients: Macro and Micro RDA, Sources, Functions, Deficiency and excess of (a) Carbohydrate (b) Fats	7

	<p>(c) Protein</p> <p>(d) Minerals Major: Calcium, Phosphorus, Sodium, Potassium Trace: Iron, Iodine, Fluorine, Zinc</p> <p>(e) Vitamins Water soluble vitamins: Vitamin B, C Fat soluble vitamins: Vitamin A, D, E, K</p> <p>(f) Water</p> <p>(g) Dietary Fibre</p>	
III	<p>1000 days Nutrition</p> <p>(a) Concept, Requirement, Factors affecting growth of child</p> <p>(b) Prenatal Nutrition (0 - 280 days): Additional Nutrients' Requirement and risk factors during pregnancy</p> <p>(c) Breast / Formula Feeding (Birth – 6 months of age) Complementary and Early Diet (6 months – 2 years of age)</p>	8
IV	<p>Community Health Concept</p> <p>(a) Causes of common diseases prevalent in the society and Nutrition requirement in the following: Diabetes Hypertension (High Blood Pressure) Obesity Constipation Diarrhea Typhoid</p> <p>(b) National and International Program and Policies for improving Dietary Nutrition</p> <p>(c) Immunity Boosting Food</p>	7

Suggested Readings:

1. Singh, Anita, "Food and Nutrition", Star Publication, Agra, India, 2018.
2. 1000Days-Nutrition_Brief_Brain-Think_Babies_FINAL.pdf
3. <https://pediatrics.aappublications.org/content/141/2/e20173716>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5750909/>
5. वृदा सिंह "आहार और पोषण" 2015, तेहरवां
6. Sheel Sharma, Nutrition and Diet Therapy, Peepee Publishers Delhi, 2014, First Edition.

Suggested Continuous Evaluation Methods:

MCQs, Practical Diet/ Meal Planning, assignments Presentations, group Discussion, Case study, Survey

Suggested equivalent online courses:

<https://www.udemy.com/course/internationally-accredited-diploma-certificate-in-nutrition>
Diploma in Human Nutrition-Revised Offered by Alison