



**Department of Higher Education U.P. Government, Lucknow**

National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities

**Co-curricular course: Semester-1**

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

Name	Designation	Affiliation
<b>Steering Committee</b>		
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 Physics	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
Co-Curricular Course		Examination: Objective (MCQ)
Course Code: Z010101T	Course Title: Food, Nutrition and Hygiene	
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: Qualifying		Compulsory
Max. Marks: 100		Min. Passing Marks: 40
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 0-0-0		
Unit	Topics	
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	
II	Nutrients: Macro and Micro RDA, Sources, Functions, Deficiency and excess of (a) Carbohydrate (b) Fats	

	<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>	
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>	
<p><b>Suggested Readings:</b></p> <ol style="list-style-type: none"> <li>1. Singh, Anita, "Food and Nutrition", Star Publication, Agra, India, 2018.</li> <li>2. 1000Days-Nutrition_Brief_Brain-Think_Babies_FINAL.pdf</li> <li>3. <a href="https://pediatrics.aappublications.org/content/141/2/e20173716">https://pediatrics.aappublications.org/content/141/2/e20173716</a></li> <li>4. <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5750909/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5750909/</a></li> <li>5. वृंदा सिंह "आहार" 2015, तेहरवां</li> <li>6. Sheel Sharma, Nutrition and Diet Therapy, Peepee Publishers Delhi, 2014, First Edition.</li> </ol>		
<p>Suggested equivalent online courses: <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</p>		