

**Sri Krishna Dutt Academy,
Vrindavan Yojna, Raibareilly Road,
Lucknow (U.P.)**
(An Associated college of University of Lucknow)
ADD ON COURSE

1. Name of the Add on Course: Certificate Course on "Nutrition & Wellness"

2. Course Coordinator (with Email and Mobile):

3. Duration of Course (in hours): 30 Hours

4. Target Group – B.Sc., B.Com, B.Ed.

5. Total Marks -

Theory	35
Practical	35
Assignment	10
Presentation	10
Class Attendance	10
Total Marks	100

Nutrition and Wellness

Objective:

This course will cover basic knowledge about nutrition and wellness such as basic concepts of nutrition knowledge about nutrition and wellness such as basic concepts of nutrition, nutrient requirement food groups, dietary guidelines, importance of physical fitness, food managements and careers in the field of nutrition and wellness.

Course Outcome:

- 1 Students will be able to know the principle of nutrition.
- 2 Students will be able to know how food and lifestyle choices affect health and wellness.
- 3 Students will be able to learn safe practices during food storage and preparation.
- 4 Students will be able to seek career opportunities in the field of nutrition and wellness.

Unit-1 Basic concept of food and nutrition (6 hrs)

- Food and nutrition
- Nutrition of food

Unit -2 Nutrition (8 hrs)

- Macronutrients
- Micronutrients

Unit-3 Food groups (8 hrs)

- Cereals
- Pulses
- Fruits and milk products
- Eggs
- Meat poultry and fish

Unit- 4 Tips for Healthy living (8 hrs)

- Guidelines for healthy eating
- Do's and Don'ts
- Food Hygiene

Practical-

- 1- Market survey of prescribed fruit and vegetable products
- 2- Visit to food testing lab
- 3- Planning for low cost nutrition recipes for infants, preschools and pregnant for nutrition education.