

CERTIFICATE PROGRAMME IN DIETETICS

Coordinator: Nowfirath V M

Year: 2016-2017

Duration: 30 Hours

INTRODUCTION

To acquire knowledge about a balanced diet. It helps to know about regulation of energy balance and calories intake, dietary fiber, digestion and psychological effects, infant nutrition etc

AIM

To enable the awareness of health and food habits

OBJECTIVES

MODULE 1

To get general introduction to diet

MODULE 2

To understand digestion and psychological effects, lipids, absorption function and needs and vitamins

MODULE 3

To get an idea about balanced diet in healthy adult, Nutritions at various stages of life

SYLLABUS

MODULE 1 (10 HOURS)

Dietary reference intakes ,Nutritional goals, Dietary guidelines and studies of food consumption.

Regulation of energy balance and calories in takes

MODULE 2 (10HOURS)

Dietary fiber, structure, digestion and psychological effects.

Lipids, digestion, absorption functions and needs and vitamins

MODULE 3 (10HOURS)

Balanced diet in healthy adult, infant nutrition, psychological developments, nutritional needs, nutritions at various stage of life

Assessment Procedure: Multiple Choice Question Paper

Total Number of Students Attended: 70