

## FOOD AND NUTRITION

BSc(Gen)-CBCS

### PSOs

PSO1:

- ❖ Discussion role of the Food in our daily life
- ❖ Pointing out the utility of the subject in academics.
- ❖ Showing the scope of the subject

PSO2:

- ❖ Getting the idea of Food, Nutrition, Nutrients.
- ❖ Assessing the Nutritional Status, Balanced Diet.
- ❖ Illuminating the idea of Malnutrition and its different types.

PSO3:

- ❖ Categorizing the different types of Nutrients in aspect of structures and functions.
- ❖ Assessing the deficiency and excess action of the different nutrients.
- ❖ Indicating the usefulness of Dietary fiber.
- ❖ Highlighting the energy requirements, expenditure with basic calculation.

PSO4:

- ❖ Relating Nutritional significances of different types of Cereals , Pulses and milk, meat, fish, vegetables, eggs, nuts, oils, sugars.

PSO5:

- ❖ Determining the primary objective of Meal Planning
- ❖ Formulation of Diet for Infant, Preschool Children, School children, Normal Male and Female of different occupation.

PSO6:

- ❖ Knowing the exact mode of food preparation on regular basis.
- ❖ Elaborating the planning and preparation of diet in pregnancy, lactation.

PSO7:

- ❖ Knowledge regarding Health, Community and affecting factors, concept of Community Nutrition.
- ❖ Stating Maternal and Child Health and Mortality and improvements their health
- ❖ Presenting Immunization Schedule for Children, Adults, Mothers

PSO8:

- ❖ Process of Nutritional Assessment and process, needs, objectives, importance.
- ❖ Nutritional Intervention programme, different Gov and NOG health agencies.
- ❖ Getting the idea of food contamination very precisely and common diseases.

PSO9:

- ❖ Getting the knowledge on Dietetics, BMI, growth charts.
- ❖ Concept about Diet Therapy and different types of diet according the condition physiologically as well as pathologically.
- ❖ Discussion about the communicable and non communicable diseases.

PSO10:

- ❖ Stating the Processes, Utility of Food safety and different Laws on this, concepts of Food adulterants its types and its health hazard and detection of them in different food.
- ❖ Getting the Elementary idea regarding food preservation and packaging of different readymade foos like jam, jelly, pickles etc.
- ❖ Regarding Bakery Sciences – process of preparation, preservation

PSO11:

- ❖ Understanding importance of Fitness
- ❖ Stating the role of nutrition in fitness and description about nutritional supplements.

PSO12:

- ❖ Getting concept of Aging –Different physiological changes, different nutritional and health problems.
- ❖ Elucidate the Nutritional therapy during old age.

### Cos

- ❖ After going through the course students can get the idea about food, Nutrition, Nutrient like carbohydrate, protein, fat etc. getting about the concept Malnutrition, BMR, Energy requirements, and do the meal planning of Male Female adults and also modification of diets..
- ❖ Can know the process of preparation of foods like cereals, vegetables, non veg foods and demonstration different ready made foods.
- ❖ Can acquire knowledge of Community Nutrition, how to combat malnutrition in community and nutritional assessment individual.
- ❖ Get the information regarding nutritional education, intervention and of the governmental and non-governmental agencies.
- ❖ Conception of Maternal and child mortality, immunization in children.
- ❖ Get the idea about food contamination and diseases due to this.
- ❖ Learn How to calculate BMI, formulation and demonstration of nutrition education.
- ❖ Get thorough knowledge Dietetics, Dietitian, Diet therapy and role of diet in communicable and non communicable diseases like Hypertension, DM, CRF
- ❖ Relate the Food safety, food adulteration to health and its prevention.
- ❖ Can know the process of preservation of foods and their application.
- ❖ Can acquire knowledge about Geriatric Nutrition, regarding maintaining fitness in aspect of nutrition