DEPARTMENT OF APPLIED NUTRITION

SEMESTER -I

BASICS OF BIOCHEMISTRY

COURSE CODE:AN101

COURSE OUTCOMES

Unit 1: Introduction to Nutrition& Carbohydrates -

CO1: Understanding of nutrition basics - food groups,body needs for nutrients and carbohydrates – sources, process of digestion, metabolism and utilization.

CO 2: Gain knowledge aboutcarbohydrates, their role and utilization in body processes and understand biological cycles involved in carbohydrate metabolism.

Unit 2: Proteins & Nucleic Acids -

CO3: Understand proteins and their role and utilization in body processes and learn about the metabolism of amino acids.

CO 4: Gain Knowledge on basic structure andfunctional significance of nucleic acids.

Unit 3:Lipids

CO5: Understand lipid metabolism and their role in human nutrition. Learn about the consequences of high fat consumption in the diet.

CO 6: Gain Knowledge about essential fatty acids and their deficiency.

Unit 4:Energy Metabolism

CO7: Gain knowledge about types of energy and principles of calorimetry. Understand the concept of Recommended Dietary Allowance.

CO 8: Determines energy value of various and understand the concept of Basal Metabolic Rate.

SEMESTER- II

NUTRITIONAL BIOCHEMISTRY

COURSE CODE:AN201

COURSE OUTCOMES

Unit 1: Vitamins-

CO1: Understand the importance of Fat-soluble vitamins in human nutrition, including their classification, sources, and the effects of excess and deficiency.

CO 2: Understand the importance of water-soluble vitamins in human nutrition, including their classification, sources, and the effects of excess and deficiency.

Unit 2:Minerals

CO3: Understand the role of minerals in human nutrition, including their classification, sources, andcomprehend the functions of minerals with health

CO 4: Understand therole of Zinc and Selenium as antioxidants.

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Unit 3:Water balance and Electrolyte balance

CO5: Gain knowledge on Water metabolism:Distribution of water in body fluids, Regulation of water metabolism.

CO 6: Knowledge about acid base balance & imbalance in the body. Japanese Water Therapy.

Unit 4:Enzymes and Harmons

CO7: Understand Role of Enzymes human physiology

CO 8: Understand Role of Hormones in human physiology

SEMESTER -III

FOOD SCIENCE & TECHNOLOGY

COURSE CODE:AN301

COURSE OUTCOMES

Unit 1: Basics of Food Science, Cereals & Millets

CO1: Understand the role of food in human nutrition and. Learn various cooking techniques and how to minimize nutritional loss while cooking.

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CO 2: Learn the significance of functional foods like cereals and millets and their role in cookery.

Unit 2:Pulses & Legumes, Milk & Milk Products

CO 3: Understand the importance of pulses and legumes and their role in cookery.

CO 4: Understand the significance of milk and milk products in cookery and gain knowledge about different types of fermented & non-fermented milk product

Unit 3:Fleshy Foods, Spices, Condiments & Beverages

CO5: Acquire knowledge about different fleshy foods and their role in cookery.

CO 6: Understand the active compounds and medicinal properties of various spices and condiments used Indian cookery.

Unit 4:Vegetables & Fruits, Sugar & Jaggery, Fats & Oils

CO7: Understand the composition and nutritive value of fruits and vegetables.

CO 8: Understand Role Sugar & jaggery and fats & oils in cookery.

SEMESTER -IV

FAMILY & COMMUNITY NUTRITION

COURSE CODE:AN401

COURSE OUTCOMES

Unit 1: Basics of Meal Planning

CO 1: Understand the concept of a balanced diet and RDA concept.

CO 2: Understand menu planning principles, and the needs of different physiological age groups.

Unit 2:Nutritional Requirement During Pregnancy, Lactation & Infancy

CO 3: Understand the changes and complications during pregnancy and nutrient requirements of pregnant and lactating women.

CO 4: Identify the many stages of infant development and growth. Acquire knowledge on factors to be considered while preparing & introducing supplementary foods.

Unit 3: Nutrient Requirement for Pre-Schoolers, School Going Child & Adolescent

CO 5: Identify feeding issues and factors affecting nutritional status in Preschoolers.

CO 6: Understand the nutritional concerns during pre-school, school going and adolescent ages, planning of packed lunches.

Unit 4: Nutrition Requirement for Geriatric Group & Nutritional Assessment

CO 7: Understand the nutritional needs of the elderly, basics and importance of Nutritional Assessment in clinical practice.

CO 8: Understand the method of Assessment of Nutritional status.