



# VISAKHA GOVT. DEGREE COLLEGE FOR WOMEN (NAAC REACCREDITED B GRADE INSTITUTION)



OLD JAIL ROAD, DABAGARDENS, VISAKHAPATNAM - 530020

## CERTIFICATE COURSE ON FOOD AND NUTRITION

CONDUCTED BY

DEPT. OF MICROBIOLOGY & BIO-TECHNOLOGY

### COURSE OBJECTIVES

- To understand the function and sources of nutrients
- To understand the role of nutrition at various stages of life
- To design nutrition and life style changes towards a better future society
- To apply food science knowledge to describe functions of ingredients in food

### COURSE COORDINATOR

Dr. Ch. Santhi Devi

### FACULTY

**Dr. CH. SANTHI DEVI**

(H.O.D OF MICROBIOLOGY)

**Dr. R. HARITHA**

(H.O.D OF BIOTECHNOLOGY)

### COURSE DIRECTOR

P. JOHN CORNELIUS

## **CERTIFICATE COURSE - FOOD AND NUTRITION**

### **COURSE OUTCOMES:**

- The programme provides basic understanding of the correlation between food and health.
- Students will gain the knowledge regarding nutritional classification of food, method and media of cooking, nutritive value and processing, storage of foods.
- Understand the functions and sources of nutrients, role of nutrients in maintenance of good health.
- Understand the role of nutrition at various stages of life.
- Able to provide nutrition counselling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies.
- Understand the Nutrition as an integral part in the development of a community
- Able to apply technical skills, knowledge of health behaviour, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention.
- Design Nutrition and lifestyle changes towards a better future society.
- Students can implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities.
- Apply food science knowledge to describe functions of ingredients in food.

