

ST. XAVIER'S COLLEGE, MAHUADANR

Affiliated to Nilamber-Pitamber University



Syllabus

For **Certificate Course in Food and Nutrition**

Course Code: CCFN

Course Duration: 40 hours

UNIT I: Basic Nutrition: Understanding of food groups, nutrients, nutrition & health, metabolism and acid base balance of body, energy.

(8 hours)

UNIT II: Advanced Nutrition: Micronutrients, Macronutrients genetic defects in metabolism, study of vitamins & minerals, dietary modification for inborn errors of metabolism.


(10 hours)

UNIT III: Basic Human Physiology: Understanding of structure and function of animal cell and various tissues in our body, human digestive system and functions.

(14 hours)

UNIT IV: Food Commodities and Food Microbiology: Study of various food items and additives. Concept of good and bad microbes, their effect on food products, guidelines for food safety.

(8 hours)


Principal
St. Xavier's College
Mahuadanr